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OF THE RACE —
ITS OWN CONSERVATION

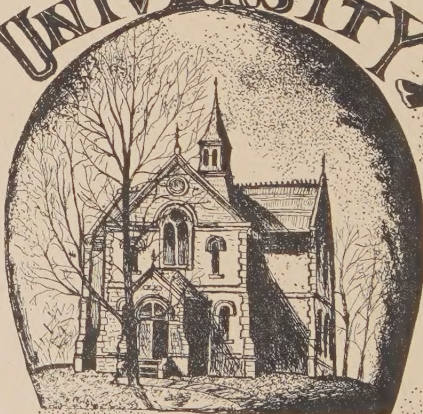
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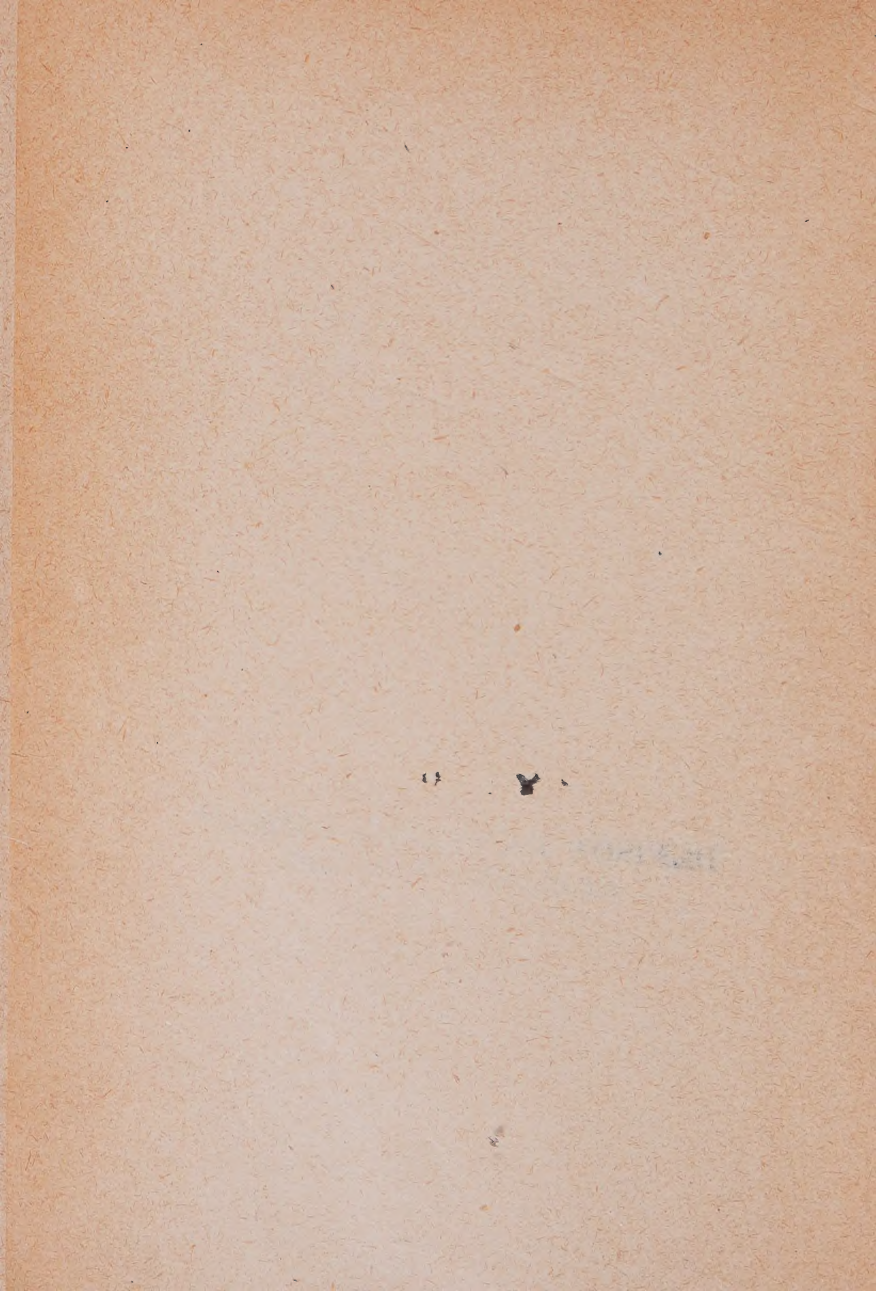
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THE GREATEST PROBLEM OF THE
RACE—ITS OWN CONSERVATION

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LIBRARY OF THE
CONGRESS

Compiled, edited, and mostly written by J. W. Jones, Superintendent of the State School for the Deaf, Columbus, Ohio, under the direction of the Ohio Board of Administration.

Dedicated to higher ideals, and purer living.

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Introduction

The State of Ohio expends approximately four millions of dollars annually for the maintenance of her State Institutions. She pays out for lands, new buildings, equipment, repairs, and betterment on an average of at least one million more per annum.

If we could take into consideration, and reduce to figures, the loss in time, private expense, trouble, and sorrow of the families immediately involved, this vast sum would be multiplied. If the private hospitals and sanatoriums, almshouses, county infirmaries, jails and workhouses, and private charitable institutions were all brought into accounting, many millions more would be added to this sum.

If the State of Ohio may be taken as a fair average among the civilized people of the world in the care and treatment of its so-called state, county, township and private wards, at least three dollars per capita is expended for every one of the world's population; or, in other words, five billion dollars are expended annually for this purpose, a sum almost equal to the amount necessary for carrying on the great European war.

This war which has shocked the world and horrified mankind with its destruction of the human race is doing no more toward that end than the unnecessary, inherited, and self inflicted diseases are doing.

In battle we have the slain, the wounded, the missing, and the captured. In the social struggle we have the same classification of injured people: the killed from unnecessary diseases; the wounded (deaf, blind, feeble-minded, insane, criminal); the captured (incipient cases of tuberculosis, temporary insane, prisoners, drunkards); the missing (es-

caped criminals, deserters, tramps, footpads, and all those who are at liberty and a dangerous burden to society).

Those in charge of State Institutions have a rare opportunity for investigating and studying the causes of this great human waste. The results of their investigations have been set forth in annual reports for many years. These annual reports have been printed in limited numbers, and filed in the archives of the state and given out to any who may be interested enough to call for them. But the general public has never been made acquainted with the true conditions of its social fabric, simply because these reports have not been placed in the hands of the people in a form that invites reading.

The Ohio Board of Administration feels that its duty is only half done when it furnishes custodial care and treatment to the state's wards. It owes a greater duty also, namely, the education of the people concerning the causes and prevention of deafness, blindness, feeble-mindedness, criminality, insanity, tuberculosis, intemperance, and general immorality. It believes that by better sanitation, purer living, and more careful mating that much of this human waste may be prevented.

The several stories set forth in this book are filled with information and instruction which the people ought to have. Ignorance is the bane of our national life. People do not wish to live on a low plane, or to bring weak and diseased children into the world. They do so only because they do not know what they do.

No parents want their child to be blind, but because they have not known the dangers attending childbirth this great misfortune has come to them.

No one wants tuberculosis, but because of a want of understanding of the dangers of infection, this disease is

unwittingly passed from mother to child, brother to sister, neighbor to neighbor, and stranger to stranger.

No one would be willing to marry into a family where disease is lurking with the possibility of transmitting it to a probable offspring, but for the lack of education on this subject such marriages are being solemnized daily all over the world.

The various chapters in this book acquaint the people with these dangers.

The effort has been made by the Superintendents to speak the truth, the whole truth, and nothing but the truth as the knowledge has come to them in their wide experience in studying the various classes of people, and their diseases.

There is no commercial enterprise behind this publication. It is a mere matter of voluntary service to the people of Ohio on the part of those who have contributed to it. Prompted by the enormity of the unnecessary sin, immorality, intemperance, self abuse, and the untold expense of maintaining and caring for the products of these undesirable things, and with the hope of eradicating much of them, and aiding the people to take a step forward in higher and better living, the Ohio Board of Administration endeavors to place this book in the hands of all of Ohio's citizens.

CHAPTER I

I HAD occasion to spend several days in Columbus, Ohio, in September of 1914, while my wife was an invalid in Grant Hospital. In the mornings while she was having the attention of a nurse, I often walked about the city.

Oftener did I walk by the grounds of the State School for the Deaf, only one square away, for the large lawn facing Town Street was green with well-kept grass and beautiful with large beds of red geraniums, cannas and other flowers.

It was vacation time, and the five hundred deaf children who attend that school were at their homes, so the man in the yard told me.

He said that these pupils would return for school on the 16th of the month, and suggested that if I wished to see an interesting sight, to be on hand in the Superintendent's office on that morning from eight o'clock till noon and even afternoon, for they would be coming in all through the day. I thanked him for the suggestion and told him I should try to be there.

About 8:30 on that morning I walked up the steps of that school (generally known, but wrongly so, as the Deaf and Dumb Institution), and sat down in a large swinging seat on the front veranda. Already a number of pupils, both boys and girls, had arrived and were lively talking in the sign-language and finger-spelling, their faces bright and shining, indicating their enjoyment in being back "home" for that is what they call the school, and meeting one another again. Of course, I did not know what they were talking

about, but I dare say they were exchanging their summer experiences. It was wonderful and interesting, as it was all new to me.

In a few minutes a large number of children, probably forty or more, came into the yard, walked rapidly to the main entrance, up the large stone steps, passed me by, and entered the main office. When the last one passed in, I followed, for I was quite curious to see what was going on in there, and why they appeared so excited in approaching it.

I saw these children, many of them young men and women in their teens, lined up in fairly good order and being received by a gentleman, who I afterwards learned was the Superintendent. He was greeting one after another with a warm handshake and a call of the given name after this fashion: "Hello Elizabeth; how are you, Frank? Here's Mary; Glad to see you, Chester; Good morning Florence", and so on all down the line. He seemed glad to see each and every one and apparently knew the name of each child.

A gentleman across the table had a large register before him and checked each child as it passed by. From the office the pupils passed to their departments, I was told; greeted their matrons or their supervisors, deposited their hand baggage, and then returned to the yard to meet other pupils who had already come. Their talk appeared to be vigorous, even violent to a new onlooker, but surely intelligible and interesting, for there was no let-up all day.

Group after group of children kept coming by twos, tens, fifteens, more or less, and all went through the same procedure, until by noon more than one-half of the pupils had arrived. I was so interested that the forenoon was gone before I knew it.

I ate a hurried lunch with my wife at the hospital, and with her permission, I returned to the school. My curiosity had been aroused as never before, and I wished to know

more about these children. Where did they come from? What caused their deafness? What can be done for them? Can deafness be prevented? All of these and other questions were knocking at my intellectual door, but it could not open, for I did not know.

When the Superintendent was at leisure for a few moments between the arrival of squads of pupils, I sought him. He was most cordial and refused to let me apologize for appearing to be a spy in his camp, saying that the school, grounds, and buildings all belong to the people of Ohio, and he was glad to welcome any one who was interested enough to come.

"One thing," he said, "the people lack is an expressed interest in their great educational, benevolent, and penal institutions. I shall be more than glad to show you everything about the place and answer any questions you may care to ask."

I thanked him and said I should like some information to relieve the tension which the sights of the day had caused in my mind.

"In the first place, where do all of these children come from?" I asked. "I scarcely ever see or hear of one in my county."

He reminded me that there are 88 counties in Ohio, and that the attendance represented an average of $5\frac{1}{2}$ to a county. But Cuyahoga, Hamilton, and Franklin each have 30 to 40. So the number in the smaller counties could be very small. In fact, two counties have no representation at all.

"What causes children to be deaf and dumb?" was my next question.

He said that "dumb" is no longer applied to the deaf, and the educated deaf resent it. They prefer to be called "deaf" only. He continued, "But lack of speech is caused from lack of hearing. Speech is a matter of imitation. If

a child has never heard speech, he cannot imitate it, and therefore cannot talk."

"Well, what causes deafness?" I inquired.

"There are two classes of deaf people—those who were born deaf and those who became deaf after birth. I shall have to discuss these classes separately, if you care to hear the whole story, which is quite lengthy," said he. I assured him that I should like to know it all, and if he would be kind enough to enlighten my mind, he would find me a very interested listener.

"In the first place," he said, "about forty per cent of deaf people are born that way, and are called congenitals. The other sixty per cent lose their hearing after birth from sickness, disease, or accident."

"What causes children to be born deaf?" I asked next, as I was surprised that so many should be born "deaf and dumb."

"There are several well-known reasons," he replied, "such as heredity from deaf parents, parents related by blood, intemperate parents, those afflicted with venereal disease, and parents who are physical and mental degenerates."

"Are all children born deaf from some of those classes of parents?" I inquired.

"Oh, no. Some parents who come from a long line of strong ancestry and who themselves are mentally, morally, and physically clean, may have born unto them a deaf child. This has not been accounted for up to date; but most of the congenitally deaf children can be traced to some parental weakness."

"Are the children of deaf parents liable to be deaf?"

"Yes, but not always so or even generally so. But if deaf parents have inherited their deafness, they run great risk that most of their offspring will be deaf. Do you see that fine-looking young man talking in the sign-language

with the boys' supervisor at the foot of the steps? His father and mother are deaf, and all of their children, seven in number, are deaf. Their father and mother were educated here, and all of their children are being educated in this school.

"There are several such families of children in school. Some have one, some two, some three, some four and even seven children. Sometimes a part of the family only will be deaf. People who are deaf, but not from heredity, run some risk in marrying that their offspring may be deaf, but not very much. Generally their children are sound in every way, and are above the average in intelligence and character."

"You said something about parents of blood relationship having deaf children. This is news to me, and I should like for you to tell me about it."

Just then a sweet little girl, about eleven years old, came bounding up the steps to shake hands with the Superintendent. She said in speech but of an unnatural and somewhat uncertain tone, "I am glad to see you." He returned. "I am glad to see you, Mary; where is your brother Albert?" Again she spoke and said, "He will come soon. He is talking with the boys." The Superintendent then told her to go into the office and register, and she passed on.

"She is, indeed, a fine child, and so is her brother a fine boy. Their parents are first cousins. We have several children in school whose parents are related by blood. The question, 'Are the parents related by blood?' is in the application blank for the parents to answer when they apply for admission for their child. Sometimes they answer 'yes,' and sometimes they answer 'no', when I fear they are mistaken. Parents do not always know whether they are related or not. They may be related and not know it. We have had children in school whose parents were sure they

were not blood relatives, and I felt sure that they were half brother and sister."

"Why would that produce deafness in the child?"

"It is usually accepted that family characteristics and family weaknesses are multiplied in the child when born of blood relations. There was doubtless sufficient weakness in the delicate organs of hearings in these two parents to entirely obliterate the sense in their children."

"You do not think it is sent on them then as a punishment for violating the laws of consanguinity?"

"No, only it is the result of violating a natural law."

"Did you say that intemperance, venereal disease, and degeneracy in parents are liable to produce deafness in the children?"

"Yes, deafness, blindness or feeble-mindedness or any two or all of them. That young lady sitting on the grass yonder in the yard, talking to other girls, is totally deaf, and sees only twenty-four per cent of normal. She has a brother in school who is deaf and almost blind. Their mother, I am told, was a very beautiful and pure woman. She was courted by a temporarily reformed drunkard who was also infected with a loathsome disease. Of course, he would seek out some clean innocent woman to be his wife. He won her. The result of the marriage is these children. The mother died of the effects of the disease communicated to her by her husband. Her own family has these two children to keep now, and the state or county will, when they are older, and their friends are gone. If either of them should ever become a parent, the offspring will likewise be diseased, defective in some way, and a charge on society, for truly 'The sins of the fathers are visited upon the children unto the third and fourth generation.'"

"Is that what the Bible means?" I asked.

"That is what it means and the truth was never better spoken. Other beautiful children here are afflicted as that girl is. They are perfect in every other way. They are the fruits of sin and disease for which they are in no way responsible."

"Do the fathers of such children support them?"

"Rarely. On the contrary, they desert the wives they have burdened with disease and the poor unfortunate children they have brought into the world. These are then left to the kind care of charity."

"The physical and mental degenerates that marry always leave a weak posterity. Some of them are sent into this School. Because they cannot talk, people think they are 'deaf and dumb' but they are not. They are feeble-minded. We cannot keep them for they have normal hearing. They do not talk for lack of mind, and the reason they have no mind is because of weak parentage. Such people should never be permitted to marry."

I then asked the Superintendent to tell me something about the sixty per cent who became deaf after birth. "Well," he said, "much of this could be prevented if parents would give quick and intelligent attention to children's diseases, such as scarlet fever, diphtheria, spinal meningitis, measles, whooping cough, colds, inflammation of the membranes of the head, and catarrh. Every home should have a hand book on the care of children, and a physician should be called in when sickness appears. Many a child must go through life deaf or blind because of ignorance and unintentional neglect on the part of the parents. Sometimes a child born with the germs of disease in it loses its hearing when attacked by sickness while growing. If parents could only be clean, and good, and healthy, and wise, much of the affliction and sorrow and misery of the world would disappear."

I said that these stories were both pitiful and interesting. I did not think the people knew the great dangers before them or they would be more careful in marriage and more intelligent in bringing up a family.

I thought the facts should be given to the public, and that as soon as possible.

His reply was that the story had been told time and again in his annual reports, and in the reports of other superintendents of State institutions, but that people were not interested in public documents and would not read them.

I asked him if I might put the facts he had told me in story form, and give them out.

"Yes," he said, "with this statement also, that there are many strong, vigorous, intelligent, healthy children in this school who are in no way the products of sin or disease."

I asked him if he thought that blindness, feeble-mindedness, insanity, and crime were caused in the same way.

He thought so, but referred me to the various superintendents of their own people, who would be glad to give me all the information they have.

As a parting question, for I had taken much of his time, I asked what he would recommend besides a general education of the public of the effects of heredity.

He unhesitatingly answered "a law requiring a physical, mental and moral examination of every man who offers himself for marriage.

"The purest girl is none too good for him, no matter what he is or has been. Any man who asks so much of a wife should be the first to have her assured that he is as clean as he asks her to be. When a man applies for a license, the law should say to him, 'You will have to stand the test of true manhood, and if you pass the test, the state is glad to license you; but if you are found unfit, you will

be rejected. And if you marry contrary to law, or become the father of an illegitimate child, the state will hang you higher than Haman."

I asked him if that punishment would not be a little too severe.

He thought it might appear so to me because I have never known of the easy transmission of incurable diseases, and the awful misery that follows; but in fact, immediate death to one who so sins against himself and society would be a luxury compared with the long suffering the woman he deceives and imposes upon must endure, to say nothing of the suffering of his own children who must go through life without ears or eyes or mind, or with a maimed body, and so on through the succeeding generations.

With this I left him, feeling that the day had been well spent.

CHAPTER II

A FEW days after my visit to the State School for the Deaf I walked over to the School for the Blind on Parsons Avenue which is about a mile east of the State House. The school is housed in a large and imposing stone building, erected in 1874, and evidently cost several hundred thousand dollars.

A lady with a musical voice answered the door bell and invited me in. She told me that the Superintendent had just gone to conduct the morning exercises in the chapel on the second floor, and if I would be seated he would return in about twenty minutes and would be glad to see me.

I asked if I might not take a rear seat in the hall and witness the exercises and she assured me I would be most welcome. She conducted me thither with apologies for not having invited me to go there in the first place. On the way I noticed that she was blind. She said she had been blind since childhood from an attack of spinal meningitis, but that she could go to any part of the building with ease and liked to show seeing people around.

The children were opening their services by singing "Tell me the old, old story". The singing was much like that of any group of young people as I stood in the door and listened. But when the Superintendent gave me a seat on the platform, where I could look into the children's faces and realize the absence of vision, I confess the tones seemed to take on a richer melody than I had ever heard before, and the songs meant more to me.

As I recovered from my first feeling of sadness and pity I thought, "What an important organ of the body the eye is! How it adds to the uplifted face and crowns it with

beauty! How it gives form and symmetry to the whole body as it looks about over the earth to see and to know. 'In the name of heaven', I thought to myself, is there no way to restore sight to these children and to prevent blindness coming to others?'



Prompt Treatment Saved this Child's Sight

The exercises were most interesting throughout.

After dismissal I asked the Superintendent to tell me about blindness, its cause and prevention.

As might be expected, most of hereditary blindness was traced by him to the same causes which produce deafness, already discussed. But the thing that surprised me most was his assertion that a very large proportion of the children



One of Many Children Whose Sight
Might Have Been Saved

had lost their sight in infancy and from a disease which, even though the eye is infected, can be overcome if proper attention is promptly given to it.

When I asked the Superintendent if anything could be done to restore or help the vision of these children, he replied, "Not much. Everything that medical and surgical science can do is being done, but it is only a rare case that can be helped. Much can be done for their happiness and usefulness by educating the mind, hand, and heart, and we are doing all we can in that direction." "But," he said, "at least forty per cent of all blindness is preventable."

"Do you mean," I asked, "that nearly half of these pupils are blind because somebody failed to care for them properly at some time in their lives?"

"No," said the Superintendent, "I do not mean that forty per cent of the children here are needlessly blind, but out of the total blind population reliable authorities tell us that nearly half of the blindness is unnecessary. In schools for the blind throughout the country, between twenty-five and thirty per cent of the pupils are blind from a preventable disease which is commonly called babies' sore eyes.

"While the medical profession has known for years that if prompt and efficient curative treatment be given to a child's eyes, when infected at birth, the sight can be saved, it is only in recent years that the general public has become aware of this fact.

"Strange as it may seem, blind children had been educated in schools throughout the country for nearly three-quarters of a century before much serious attention was paid to the elimination of this great cause of blindness among infants. In 1906 Massachusetts established a Commission for the Blind and in 1908 Ohio did the same thing. Since that date many states have formed such Boards and one of their chief functions has been to conduct campaigns for the 'Prevention of Blindness.' The Ohio law, which created the Commission, stated that it should co-operate with the State Board of Health in this

effort and in 1915 the Commission for the Blind, recognizing the ineffectiveness of the old (ophthalmia) Prevention of Blindness Law, was instrumental in having a new law passed which makes it the duty of any physician, surgeon, obstetrician, midwife, nurse, maternity home, or hospital of any nature, to report any inflammation which may appear in the eyes of the new born child to the local health officer.

"Also a parent, relative, or any person who observes inflammation in the eyes of any new born babe is called upon to report it to the local health officer. It is the duty of this officer to investigate immediately, and to see that the necessary preventative furnished free by the State Board of Health, is applied. He is required to keep a record of the several cases that come under his observation, and to report the same to the State Board of Health.

"The present law now directs that if notice is given and nursing service has not been provided then the State Board of Health is expected to take steps to see that a nurse is sent to the home to endeavor to save the sight of the child. Furthermore, the State Board of Health has done a great deal of publicity work to secure the enforcement of this law, furnishing each physician, health officer, and midwife of the state with a copy of the law, and the set of rules and regulations adopted to enforce it. It has also issued bulletins of advice to parents and supplies them, free of charge, to any one making an application to the local health officer or to the State Board of Health in Columbus. It is anxious to circulate these bulletins and will welcome any assistance toward this end.

"From this you will see, so far as statutes can go, everything is being done that can be done to check the loss of sight from this cause. But the great need is for the public to become intelligent upon this subject."

"Is it true that *some blindness* like deafness may result from specific disease?"

"There can be no doubt," answered the Superintendent, "that a deplorable amount of blindness results from this cause. If it is self inflicted, of course, it could have been prevented by cleaner living. If it has been inherited, as is so often the case, the inflicted one is not to blame. It is the cruel work of some ignorant or thoughtless ancestor. As the State Board of Health, the Commission for the Blind, and the School for the Blind are doing everything in their power to arouse the public to the fact that *much blindness can be prevented*, we are not over-emphasizing this cause leaving that work to eugenic societies.

"So long as a considerable proportion of blindness is not caused in this way, we wish to avoid giving the impression, which seems to exist among so many, that all infantile blindness results from gonorrheal infection. So we are insisting that the attending physician should use all the means which are available for the prevention of blindness from infection at birth.

"There are in the United States more than 10,000 persons who are totally blind because their eyes were neglected during the first few hours or days of their life. Think of it! A city of 10,000 people needlessly blind, all because our so-called professional experts in charge of child-birth are ignorant or negligent. Besides these there are many other thousands sore-eyed and half blind, a misery to themselves and an offense to others. These people would all have normal vision if their eyes had been properly cared for."

"Is blindness also avoidable from other causes besides that resulting from babies' sore eyes?"

"Yes, indeed! Accidents of many kinds are a large factor in bringing children to this School. For example, care

less persons at home leave scissors, button hooks, or forks where a little child can get them, or children play with sharp sticks, stones, bows and arrows, guns, etc. Every family should realize the danger that arises from allowing little children to play with such things. I could show you quite a number of pupils in this school blind from this carelessness.

“While entire blindness will not result immediately from abuse of the eyes nevertheless many people are overstraining their eyes by reading in a poor light, facing the light, or upon the cars.

“In the adjoining state of Kentucky there are thousands of men, women and children suffering from trachoma or what is commonly known as ‘granulated lids’. This disease is passed from one to another by the use of the so-called ‘family towel’, and we can not urge too earnestly that no one should ever wipe his face on a towel that has been used by some one else.

“If you ever hear of a person, old or young, having trouble with his eyes, you will be helping him if you send his name and address to the State Commission for the Blind, Columbus. If he happens to be a child of school age, and it appears upon investigation by one of the eye inspectors employed by the Commission for the Blind that the child's sight can not be restored, arrangements will be made for sending him to this School. If the patient is an adult and his eyes can not be helped, the Commission's agent will see that some form of assistance is secured for the needy blind person.”

The Superintendent invited me to go with him through the School and industrial departments and I gladly accepted his invitation. It was very interesting throughout.

There was regular school work, such recitations as you hear in a school of seeing children: arithmetic, algebra,

history and literature in the upper grades and from that to kindergarten for the little ones—singing, marching dancing and games. Here was a class of a dozen learning type-writing and by the clicking of the numerous machines they must have been experts. There a number of boys were learning piano tuning and over here others making brooms, caning chairs or weaving. Some of the larger girls were learning to cook while others were crocheting, sewing, knitting, and embroidering. Much of the finished product of their hand-work was on exhibition and was a revelation. The pupils seemed to be proud of their work, and the Superintendent was proud of the children. Both had a right to be. But while all were happy, I myself felt sad and thought that the public should at once take steps to save the sight of future citizens.

The Superintendent of this Institution is Charles F. F. Campbell. I was anxious to know what preparation he had had for this work, and so I asked him.

He replied with a great deal of enthusiasm and apparent pleasure, "I was born in a great School for the Blind where my father was Superintendent. I have devoted my whole lifetime to serving the blind in one capacity or another. Before taking charge of this school I was for several years in charge of the work of the Ohio Commission for the Blind. I have been Superintendent here only a few months. The credit for what you see about this Institution which pleases you belongs to my able predecessors; but there is still a great work for me to do, and I look forward to much pleasure in doing it. I hope you may visit us again in one or two years."

I assured him that I would be glad to come back for I was greatly interested in his work.

I bade them all good-bye and told them I wanted to come again and hear them sing.

CHAPTER III

I DID not return to Columbus until the following April. In the meantime I studied eugenics and read everything I could find on the subject.

My attention had been called to an interesting piece of Ohio legislation which requires the owner of any male animal offered to the public for breeding purposes to advertise with the description of such animal any blemishes or defects it may have, the object, of course, being to prevent the transmission of such defects and to improve the stock.

I thought if it is important to improve the brute animal in order that it may serve man better, how much more important to improve man that he may serve himself and his God better.

So my interest grew and my determination to give to the public all of the information I could get on the subject drove me to greater efforts.

I read in the proceedings of the National Educational Association an interesting address by the Superintendent of the Institution for Feeble-Minded Youth.

In connection with that address he exhibited charts of families in which either the husband or wife, or both were feeble-minded. These charts were a kind of family tree, and clearly showed that feeble-mindedness is transmitted to the offspring through several generations, and apparently grows worse and worse, and when adulterated with alcohol produces all sorts of criminals and idiots.

I was anxious to see those charts and to hear from the Superintendent himself what lesson they teach.

It was on Easter morning when I reached the Institu-

tion located in the west end of the Capital of Ohio, and one of the largest in the world.

I could not have gone at a better time. An excellent program had been prepared to please and interest the children, or such of them as had mind enough to understand.

The school specializes in flowers and music and both were much in evidence at that entertainment.

The orchestra was composed of twenty-five pupils, and the band of twenty-eight pupils. I do not expect ever to hear sweeter music than they produced on that occasion.

Music which has soothed the world from its foundation has its gentle effect on the feeble-minded as well, and evidently they love it, as it had a prominent part in the entire program which consisted largely of marching, folk dancing, and plays, all being given in exact time, and with more enthusiasm and zest than would naturally have been expected from feeble-minded children.

It was a real pleasure to sit and watch their movements, and one almost forgets their unattractive faces.

The children appeared to be happy enough, and I was assured by the Superintendent that the feeble-minded are the happiest people in the world. I could almost believe it as I noticed their smiles, and hand waving to the Superintendent and his wife when the entertainment was over, and they were passing to their departments.

The physical education of these children is taken care of to a remarkable degree. Everything is done which has a tendency to straighten up their bodies, and give them an erect posture. Their movements naturally loose and slovenly have been greatly improved under the hand of the physical director, and teachers.

The hand has likewise been trained to work by an extensive system of manual training.*

It would be interesting indeed to discuss all of these features at length, but we must return to our real theme. What is the cause of feeble-mindedness, how may it be lessened, and finally prevented?

After the entertainment was over, the Superintendent willingly consented to show me his charts, and to explain them fully. I shall give them to the reader as he gave them to me.

These charts are made on long strips of muslin from which photographs are taken as presented in this book.

Dr. Emerick began his explanation by saying that all names were necessarily omitted, and that we must consider these as typical families of a certain class, although, in fact, they represent specific families whose children are now, or have been inmates in this Institution.

He called my attention to this key to the charts, and I found it very helpful to me in studying the charts after the Doctor's lecture on them.

It will also be necessary for the reader to familiarize himself with this key, and to begin in his study with the person indicated usually by the hand with the extended forefinger.

Key to the Charts

SYMBOLS

Square indicates male—circle female. Where the squares or circles are plain it indicates that they are normal and where they are black, it indicates that they are defective. The small black circles indicate miscarriages.

A capital letter indicates disease, habit or condition as follows: A.—alcoholic, C.—criminal, T.—tuberculosis, E.—epileptic, F.—feeble-minded, I.—insane, d-inf.—died in infancy, Sex. P.—sexual pervert, P.—prostitute, Morph.—morphine habit, S.—syphilis, Ind.—Industrial School,

Broken lines,—illegitimacy. Pen.—Penitentiary. Hydro.—hydrocephalic. The hand indicates child in institution.

CHART I

Chart I shows the effect of feeble-mindedness in the mother. The father is normal, although from a shiftless, easy-going family. The results of this man's marriage with a feeble-minded woman are four feeble-minded and five normal children, one of whom is blind and a subject of charity. This shows a clear case of feeble-mindedness of three generations transmitted through the mother.

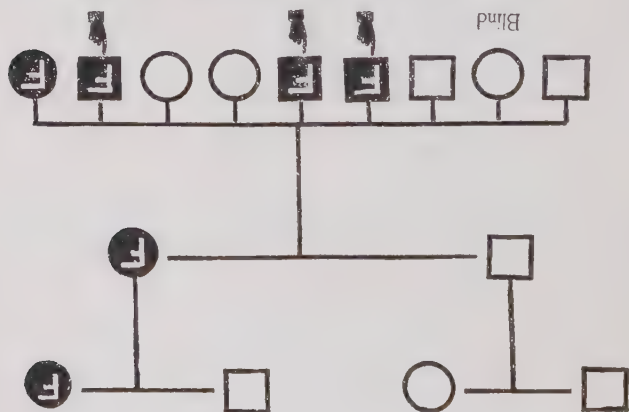


CHART 2

In chart 2, while the parents and the maternal grandparents and great grandparents are themselves normal, we have evidence of a neurotic taint in the family. This shows itself on the maternal side by a feeble-minded uncle and great uncle and one feeble-minded second cousin and two feeble-minded third cousins. On the paternal side, there is a feeble-minded aunt. This illustrates the danger of marrying into a family where there is a morbid heredity, although the parentage on both sides, as far back as we can trace, be normal.

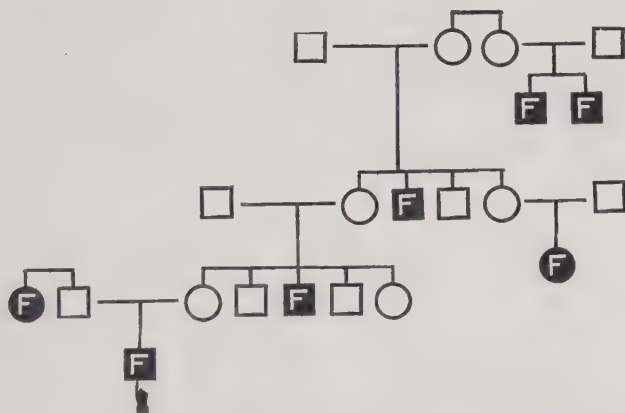


CHART 3

Chart 3 shows a combination of almost every form of morbid heredity, namely: -insanity, feeble-mindedness, alcoholism, tuberculosis, syphilis, sexual-perversion, prostitution. Another interesting factor is that alcoholism runs through every generation. The maternal great grandfather and grandfather were alcoholics and a maternal great uncle, tubercular. There were three maternal uncles alcoholic, one of whom was insane, due to syphilis. Also another maternal uncle who had syphilis, and one maternal aunt who had tuberculosis. All through the father's family immorality exists, the father being alcoholic, a sexual pervert and syphilitic as well as a criminal. He has one sister a prostitute and one sister feeble-minded. The boy in the institution was the only child from this union. The mother has married a second time and has had one child, which died in infancy from inanition.

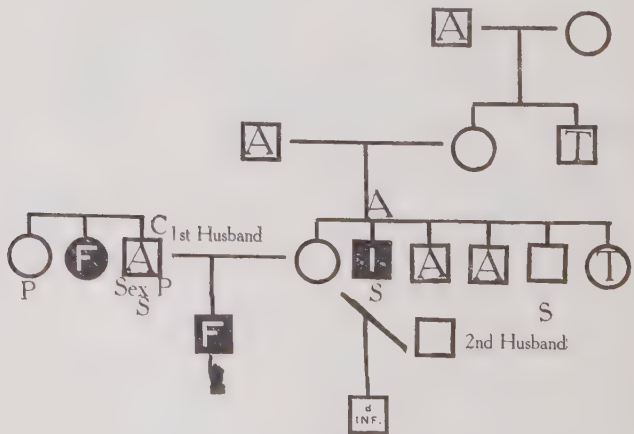


CHART 4

Chart 4 shows a combination of feeble-mindedness, insanity, alcoholism and the drug habit. The result of the marriage of this feeble-minded woman with an alcoholic and shiftless man, who has served three terms in the workhouse, is three feeble-minded children, two of them now in the institution, the third being too young for admission. The maternal grandparents were addicted to the morphine habit and while the maternal grandfather was not violently insane, yet he was sufficiently unbalanced to be committed to the asylum and died there. The paternal grandparents were supposed to be normal, although they had four sons who are chronic alcoholics, one daughter insane, and one normal.

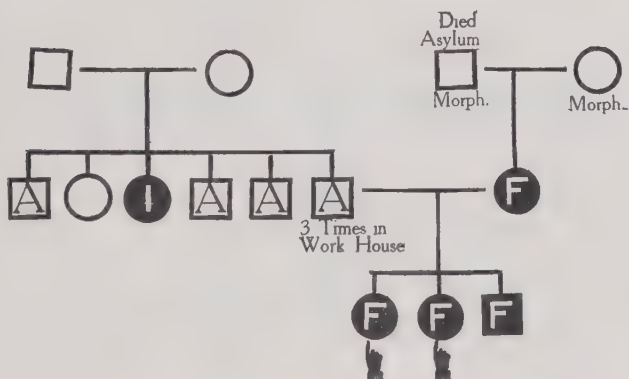


CHART 5

This chart shows the offspring of a union in which both parents were feeble-minded. Twelve children were born, ten of whom are feeble-minded. The other two, who are normal and twins are, undoubtedly, illegitimate, as both parents are white and these two children; colored. The chart is so drawn because we have no history of the illegitimacy, and which, were it not for the color, would be unsuspected. This chart clearly shows how the impossible event of normal offspring of feeble-minded parents is often apparently shown.

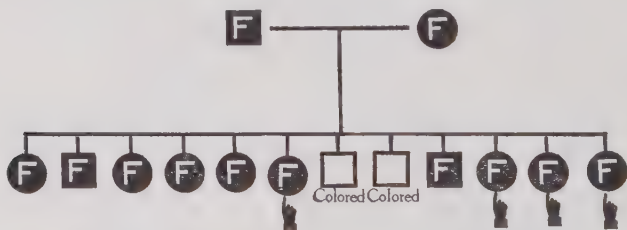


CHART 8

Chart 8 shows the result of a feeble-minded woman being left at large, she having had seven illegitimate children, all feeble-minded. After her marriage, she had four children, three of whom died in infancy before their mentality could be determined. The other child, a girl, is feeble-minded.

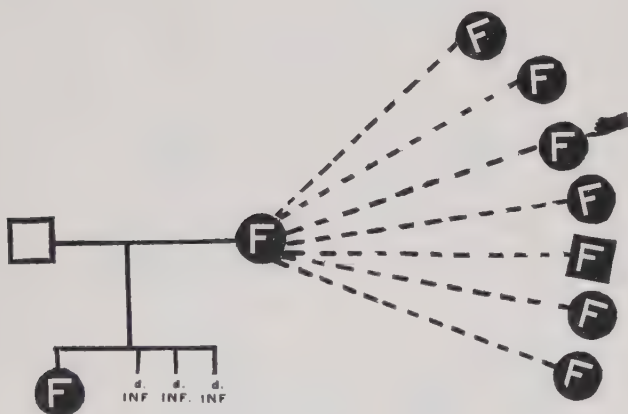
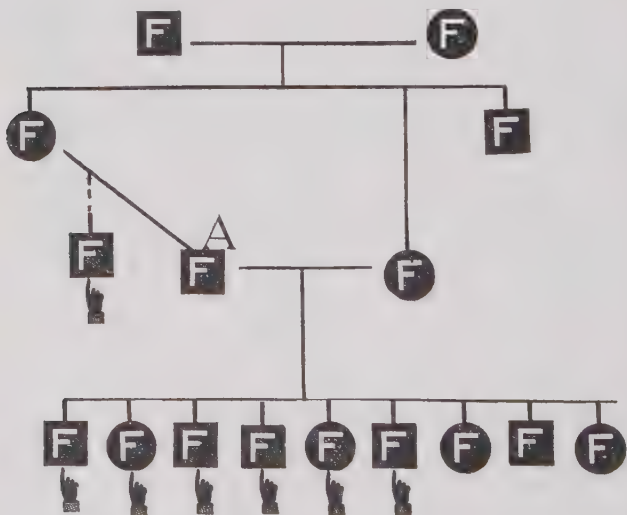


CHART 9

The grandparents of the children in the institution were both feeble-minded. They had three feeble-minded children, one son and two daughters. The youngest daughter married a man who was not only feeble-minded but an alcoholic and the results of this union are just what we would expect, the entire family feeble-minded. The six older ones are inmates of the institution. The three younger ones are not old enough to be admitted. The father also had an illegitimate child by his wife's sister, who is also in the institution.



Symbols and Abbreviations Used in the following Charts

Squares indicate males.

Circles indicate females.

Diamonds, sex unknown.

Dotted lines indicate illegitimacy or illegitimate relations.

A number within a square or circle indicates that number of males or females.

A alcoholic

B blind

b born

C criminal

Ca cataract

d died

d. inf died in infancy

E epilepsy

F feeble-minded

gon gonorrhoea

I insane

N normal

P paralysis

Prost prostitute

S syphilis

Sx sexually immoral

T tuberculosis

Ch. Home Children's Home

Ch. Hosp Children's Hospital

B. I. S. Boys' Industrial School

G. I. S. Girls' Industrial School

J. C. Juvenile Court

P. C. Police Court

Pen Penitentiary

Ref Reformatory

State Hosp State Hospital for the Insane

W. H. Workhouse

— Infirmary Inmate

: Helped by Charities

☞ Institution for Feeble-Minded

CHART I

CHART I

CHART SHOWING FEEBLE-MINDEDNESS AND CRIMINALITY

DATA SECURED BY MISS MARY STORER

FIELD WORKER FOR I. F. M., 1913-1914

The central mating (indicated by double horizontal line) is that of a man who was immoral and a gambler, with a woman below par mentally, who steals, is immoral and is insane at times. (Since the man's death, the woman has married again—a fair sort of a man.)

Of the man's family we know—that his father was arrested for burning his own barn, though acquitted for lack of evidence; that a brother's daughter is immoral; and that the wife and oldest child of another brother have been in the County Infirmary. He has four other married brothers and four married sisters, whose family histories we have not investigated.

Of the woman's family we know more. She has a brother who served a term in a Federal prison as a deserter from the United States Army; this man robbed his own feeble-minded brother and had to leave town. Another brother becomes intoxicated periodically, but is quite decent when sober; five brothers and sisters have died young; one brother, a feeble-minded degenerate, married a feeble-minded woman, previously an Infirmary inmate (and with many relatives who have been in the Infirmary), who had an illegitimate daughter; this daughter was at the Girls' Industrial Home for stealing and immorality, and has since married her cousin, a rough fellow, who has been in the work-house. This feeble-minded man's wife died as a result of his brutality; he lives alone with his feeble-minded daughter, with whom, neighbors are convinced, he has incestuous re-

lations. Besides these, the woman (of the central mating) has three married sisters and one married brother, whose histories we do not yet know. The brother is described as not very bright.

The father of the woman with whom we started was a blind beggar. He has a sister who was twice married, each time to an alcoholic husband. Her descendants by the first husband, show a high incidence of drunkenness, immorality, tuberculosis, epilepsy, feeble-mindedness, and blindness; those by the second husband show a marked degree of immorality and petty thieving. Another sister of the blind beggar married an alcoholic. The descendants of this couple show alcoholism among the men, and gross immorality among the women, almost without an exception. The incidence of syphilis here is high. Still another sister of the beggar married. Her descendants show feeble-mindedness and degeneracy to a marked extent. Many of the women are prostitutes.

The father and uncle of the beggar were thieves, and, like most of their descendants, were of the ignorant, illiterate type.

Going back to the central mating, we find that it resulted in eleven children. The oldest of these, a feeble-minded, immoral woman, said to be insane at times, married a shiftless fellow, "not any too bright," and they have five little children. The parents have separated several times. Formerly they lived in a one-room shack at the rear of the wife's father's lot. Their two oldest children show mental deficiency; the other three are yet quite young.

The second child, a boy, has been mixed up in several serious affairs—one, a shooting affair that sent another man to the penitentiary. He is a thief, and has served time in the workhouse. He married a gypsy woman, who is known as a thief, and suspected of being immoral. They have

five little children. The oldest is not bright, and has a marked speech defect.

The next two children died young. Next comes a pretty girl, now 22, a thief and immoral, who was committed to the G. I. H. at Delaware, for larceny. She was under the Home's control over seven years. She has had incestuous relations with her next younger brother. She has recently been married to a rich man's son.

This younger brother served two terms at Lancaster, was later in the Mansfield Reformatory for burglary, and is now out on parole. This boy tests feeble-minded (high moron).

Next comes a girl who is now on parole from the G. I. H., at Delaware. She has been under the control of the Home for nearly five years. She is said to be the best of the lot —yet has stolen on several occasions. She tests feeble-minded (middle moron). She was placed in a fine home, but failed to make good. She is soon to bear an illegitimate child.

Her next younger sister is also a thief. While on parole from the G. I. H. at Delaware, under whose care she has been for nine years, she ran away, contracted syphilis, and was returned to the G. I. H. for treatment. This girl is grossly immoral. She has recently been sent out again. She tests feeble-minded (middle moron).

Next are two boys: one has just completed his second, the other, his third term at the B. I. S. at Lancaster. The older one tests feeble-minded, and the younger one is retarded. These boys were sent up for stealing, truancy, and shooting at neighbors.

The youngest child is about eight years old. She has been in a Children's Home for four years. She shows no mental retardation as yet; but is given to untruthfulness

and petty stealing. Since her mother's marriage, the child has been released to her parents. The stepfather says that she is the most stubborn child he ever knew.

On one side the family is descended from the H—'s, who came into Ohio from Virginia and North Carolina, a hundred years ago. These H—'s in turn, were descendants of the thieves, criminals, and convicts, unloaded upon our eastern shores from England, during the 16th and the first half of the 17th centuries. The other side of the family comes from New Jersey stock of the same origin. Thus, although surrounded by the stimulating influence of a new country, these people have remained unambitious, illiterate, unprogressive—a drag upon our civilization; and the traits which made their ancestors socially undesirable, reappear in the descendants—a problem for us to solve.

***CHART SHOWING FEEBLE-MINDEDNESS,
CRIMINALITY, IMMORALITY AND PAUPERISM**

DATA SECURED BY MISS MARGARET BURR,
FIELD WORKER FOR I. F. M., 1913-1914

These people are characterized by all who know them, as that "awful family", and as a "bad lot". One man who knows both sides of the family says they have tendencies toward everything that is bad.

We start with a girl in the Institution for the Feeble-Minded. This girl, who is a moron, had very strong immoral tendencies, and is almost totally blind, owing probably to occlusion of the pupils by scars on the cornea, due to ophthalmia neonatorum. She has a violent temper, which is uncontrollable at times. She was sent to the G. I. S. at Delaware, for incorrigibility. Her teachers and principal say she is a girl who is very immoral in her conversation

*The chart is necessarily omitted because it is too large for a book of this size.

and actions. She gave a great deal of trouble while in school, and her influence was very bad.

The condition in which her family live is very unwholesome, ignorance being the prime factor. The parents are very obstinate and abusive to anyone who consults them in regard to the welfare of their children. They refuse to allow this girl to attend the Blind School when the school authorities advise it, and also refuse to allow an operation upon a tubercular hip of a younger sister of this girl, even when it would cost them nothing. This family has had charity, but is self-supporting at the present time. However, the dirty and filthy condition of their home and persons, and the very undesirable neighborhood in which they live, are not such as normal people would be satisfied with, or even endure. The home life is not conducive to good health and high morals.

This girl at one time worked in a shoe factory, blacking shoes, and earned three dollars a week.

This girl's oldest brother, of whose mentality and morals nothing is known, has been married twice, his first wife coming from a family of the same name, the same part of the country, and probably related. She died of tuberculosis.

The second brother has been in the B. I. S. at Lancaster; has since married. The third brother (feeble-minded) was sent to the B. I. S. for truancy and incorrigibility. The fourth brother (feeble-minded and possessing an ungovernable temper) died at the age of fourteen as the result of a shooting accident. He was, at that time, on probation from the Juvenile Court for disorderly conduct. He was in the fourth grade when fourteen years of age.

This girl has two sisters, one of whom is feeble-minded, and has congenital hip-disease, and who has recently been sent to the G. I. S. at Delaware for immoral relations with

a married man—a neighbor of theirs. She is very slovenly and dirty in her appearance and has a most disagreeable odor. It has been necessary at times to take her to the Detention Home for a bath, this odor becoming so strong as to be unbearable to her schoolmates. Her principal, who has had nearly all of the children of this family in school at various times, says that this one is the brightest of the lot. Yet she is feeble-minded and is very much retarded in her school work. The youngest sister is yet too young to show much retardation.

The father of the girl with whom we started is a very ignorant man who is self-opinionated, stubborn and abusive. It is said that he is an illegitimate child of a woman, now dead, who called herself his sister. He has gone by the name of the man supposed to be his father, at various times, although he, at present, uses the maiden name of the woman said to be his mother, and who called herself his sister. She was married to a feeble-minded epileptic, now dead. His first wife was a hunchback and feeble-minded. The so-called "sister," has several brothers and sisters of whom nothing much is known except that they have married, have had families, and that many of them have received charity. This family bears a very unsavory reputation in the vicinity where they formerly lived.

This man—the father of our girl—has a second cousin who has six children—four boys and two girls. The cousin's wife is a woman of no force of character, and she has no control over her children. When they would not obey her, she took them down to the Juvenile Court for discipline. This family was on charity for years. The two daughters are both married and both have children. One of them has had her children taken away from her, has been separated from her husband, and has been in court at different times on account of her marital relations or troubles.

The oldest son of his cousin is alcoholic and worthless. He has served time in the workhouse, and was in Juvenile Court for contributing to the delinquency of a young girl. He wasted all his earnings upon a woman of notorious reputation, who had an illegitimate child by him and whom he afterwards married. This woman is insane and has been in the State Hospital. The second son of this cousin was in Juvenile Court for vagrancy (he would not work) and is at present in the Mansfield Reformatory. While in jail he had to marry a young girl of sixteen years (of doubtful mentality) and she very soon after gave birth to a child. The next son of this cousin has speech defect, was in Juvenile Court for drunkenness and was placed on probation. He was arrested in 1910 for stealing and was given a sentence to the workhouse, which sentence was suspended on account of his youth. He and his younger brother have recently been arrested for burglary, and are in jail awaiting trial. The youngest son of this cousin has been in Juvenile Court several times for incorrigibility, and was finally sent to the B. I. S. Their home is dreadfully dirty. These people are shiftless and improvident. The principal of the school which they attended, says they hadn't mentality enough to be leaders in mischief, but were of the kind to be lead into almost anything. They were always dirty, always tardy, often absent, and were very much retarded in their school work.

The mother of the girl with whom we started, is a coarse, profane, alcoholic, and immoral woman who has an ungovernable temper. She comes of a very low type family. No one has anything good to say of any member of this family. They are ignorant, shiftless, dishonest, immoral, and poverty-stricken. They sometimes are industrious, but they fail to be self-supporting and are always dirty and always poor.

“The mother of this girl has a brother, who has a large family of children. One of his daughters was immoral, and died as a result of a miscarriage. She was not married. A son and a daughter are feeble-minded. This family has received charity. This man’s wife, two of whose sisters married two brothers of her husband, comes of a low family.

A sister of this girl’s mother is feeble-minded and has gonorrhœa in its worst form. This woman had two illegitimate children by two different men before marriage. She then married an old man, too old to support himself, and during his lifetime had three children, the paternity of these children being questionable. Her husband died three years ago, since which time she has had two more illegitimate children, the father of one of them being a very bad alcoholic man. One of her children, a girl, has been in the Children’s Home, where her record was not of the best. She is not up to the average mentally, and gave the Children’s Home people as well as several people who tried to give her a home, a very hard time to keep her within bounds. She is married now and has three children.

Two of the children of this feeble-minded woman died in infancy. A son, whom her husband taught to steal, is feeble-minded and has been at the B. I. S. Two of her children are now in the Children’s Home, and the baby is in the Children’s Hospital being treated for infected eyes. The woman herself is in the Infirmary. This woman and her family have been charges upon the community for years. She is perfectly contented with her dirt and her poverty, and will live in any kind of a hovel. Yet she is an able-bodied woman. At one time she and her family lived in a two-room shack made of odd pieces of boards and sticks.

To return to our original feeble-minded girl, her maternal grandfather was feeble-minded. He was married twice, the second wife being a hunchback and coming

from a very bad family. He was industrious, so some of his neighbors say, but could not get ahead. He finally died in a shack almost starved to death. He had been living on charity for years and yet he was not a very old man. One of his neighbors said that he never went to see this man, that he did not take him something to eat or wear. After his death, his wife went to the County Infirmary and died there.

The maternal grandfather of our girl had several sisters, all of whom are described as an immoral, bad lot. One of them feeble-minded, had an illegitimate daughter, (feeble-minded) who had four illegitimate children and was never married. Another sister of this man married a man from a bad family and had five daughters and three sons. Every one of these daughters was immoral. One of them, feeble-minded, went blind, and after receiving charity for many years was finally sent to the infirmary where she died. She was married and had one son who was alcoholic and immoral and who married an insane, syphilitic prostitute who was arrested several times for vagrancy, was in the infirmary many times, and was finally sent to a Hospital for the Insane. The mother of this man was at one time found living in one room with her son and five other men. The son was afterward murdered.

This blind woman had a blind sister, also feeble-minded, who had four sons who were at one time in the Institution for the Feeble-Minded; and nearly all of her children have been cared for at the Children's Home. These four sons ran away from the Feeble-Minded Institution. The oldest of them has been married three times since then, and has been on charity frequently. By his first wife, he had three children—a daughter and two sons. These children after having been abused at home by their father, were put in the Children's Home. One of them is at present an

inmate of the Institution for the Feeble-Minded, and the other boy has served a term at the B. I. S. at Lancaster. Nothing is known of what has become of the girl. After the death of his first wife, this feeble-minded man married again, and not very long afterwards deserted his wife and left the city. He was afraid to return because he had been implicated in some thieving. He did return eventually, and a few years later it was found that he has wife number three, a woman with a bad record and several very degenerate children.

The second of the four feeble-minded sons who ran away from the Institution for the Feeble-Minded also married, and deserted his wife when she was ill. She had pneumonia and was left alone in a shack for several days to care for herself, without anything to eat and without any fuel. When she was found in a dying condition by some neighbors the house was in such a filthy condition that the dogs refused to enter. She was taken to the Infirmary where she died in a few days. They also received charity.

The other two of the four boys who ran away from the Institution for the Feeble-Minded have not married. One of them is a junker with a push cart, and the other is too feeble-minded to work. One of his relatives said, 'He ain't right in the head.'

This same blind woman had another son who served a term in the Penitentiary for immorality, and another son who is alcoholic. The son who was in the Penitentiary was afterwards forced to marry a woman, and has a child by her.

These two blind women have a feeble-minded brother who is alcoholic. This man has been married three times and divorced twice. He has received charity and has been in the Infirmary several times. He has two daughters, one of whom married a man who was recently killed in a drunken brawl.

Another brother of these two blind feeble-minded women was himself feeble-minded and married a feeble-minded woman. They had one daughter, feeble-minded and alcoholic. She neglected her children until the authorities took them away from her. She has been in the workhouse several times for drunkenness. One of her children was placed in the Children's Home; the other died. This woman's husband, a feeble-minded alcoholic, has also been in the workhouse several times for drunkenness.

This is essentially a family of degenerates. Almost every available correctional and charitable agency has labored for their betterment, but with little or no success. The following data on this family, though necessarily incomplete, will give some idea of the problem presented by such a group:

SUMMARY OF FINDINGS

Number of individuals on whom some data were secured, 405

Feeble-minded.....	37	Juvenile Court.....	10
Insane	2	Police Court.....	3
Epileptic	1	B. I. S.....	5
Alcoholic.....	16	G. I. S.....	2
Blind.....	4	O. S. Ref.	1
Immoral.....	42	Workhouse.....	4
Tubercular... ..	3	Penitentiary	1
Normal	1	(Murdered)	2
Helped by Charities.....			81
Infirmiry inmates.....			13
Children taken from parents.....			4
Children's Home inmates ..			17
Children's Hospital.....			2
State Hospital for Insane.....			2
Institution for Feeble-Minded			6

After this long and interesting discussion by the Superintendent, he straightened up and with a smile of relief as though turning from a disagreeable task he pulled out an-

other chart with the expression: "I do not want you to think that all of humanity is bad, and that there is danger in any kind of a marriage.

Let us turn from this field of criminality, immorality, insanity, feeble-mindedness, and other filth to the larger, better and happier life of clean and wholesome living.

Here is a chart of several generations of a family without an apparent flaw. I always take pleasure in showing it. It gives one a feeling of having had a bath. How happy the world would be if all the people in it could be bred after the manner of this family."

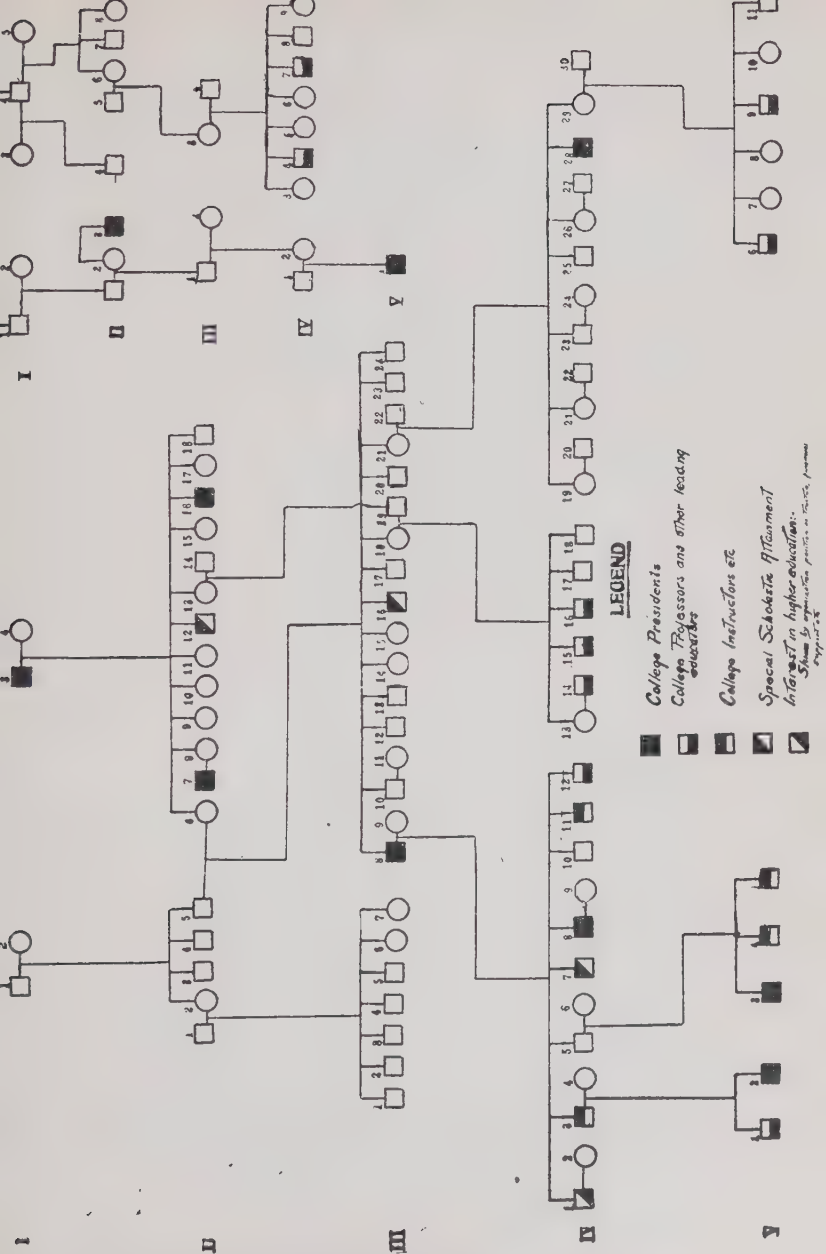
I myself felt a great relief and return to normal conditions after he recited the great men and women this family has given to the world. Listen to his story:

"The history of this family was secured and tabulated by the Eugenic Record Office of Cold Spring Harbor, New York, of which Dr. Davenport is the moving spirit," said Dr. Emerick.

"You will note that while most of the families represented in this chart have a large number of children they are all normal, and have made themselves generally useful in service to mankind.

"It contains ten college presidents, nine college professors, four college instructors, three with special scholastic attainments, and one interested in higher education.

"If the original parents of this long line of clean and useful posterity could only know what they left the world what a joy and pleasure they would have in it; and likewise, how proud the latest of this posterity must be of an illustrious ancestry, and thankful for the clean blood that courses their veins; and how careful they should naturally be that the blood of this great strain should not be infected or adulterated with anything below its equal.



Fragment of Dwight Family—Inherited Scholarship

“Beginning with the marriage of 1 and 2 at the top it produced four children. Family 3 and 4 produced eleven children, three sons and eight daughters. One son became a college president, and another had special scholastic attainments. Daughter 8 married a college president, but no children are indicated.

“The daughter on the left of family 1 and 2 married, and to that marriage were born seven children, all normal. No further history of this special family is indicated.

“The son of the first family marked 5 married a daughter of the second family marked 6.

“To this union were born thirteen children, nine sons and four daughters, all normal. One of the sons marked 8 was a college president.

“The daughter marked 13 of the second family married, producing a son marked 19 who married a daughter of the large family marked 18. The result of this marriage was one daughter and four sons, all normal, two sons being college professors. The daughter married a college professor.

“The daughter marked 21 of the large family married as indicated, and her union brought forth four daughters and three sons, all normal, and one a college president. The last daughter marked 29 married and three sons and three daughters were born, containing two college professors.

“The son marked 8 of the very large family married with the result that eight sons were born, one was a college president, one a college professor, two were college instructors, one had special scholastic attainments, and one was interested in higher education.

“The third son of this generation married producing two sons, one of whom was a college president, and the other a college professor.

“The fifth son married bringing forth three sons one a college professor, and the other two college instructors.

"It will be observed that each generation of this wonderful family descending on one side from a college president rose in attainments. This is as it should be, because each generation has the benefit of the experience and training of the preceding, and it is rightfully to be expected that it would add something to the standard already attained."

After expressing my pleasure in seeing this chart and how refreshing it was to hear his discussion of it, I asked Dr. Emerick what was being done to prevent these feeble-minded people from going out into the world to reproduce their own kind.

He informed me that a number of years ago the state made provision for segregating the adult feeble-minded from the general public, and for caring for them throughout life.

For this purpose a large tract of land was purchased at Orient about fifteen miles southwest of Columbus, and buildings erected thereon for the custodial care of the males.

This custodial farm is under the control of the Superintendent of the Institution for Feeble-Minded Youth. The adult females are being kept in the parent institution.

In this way they are entirely kept from each other as well as from the public.

This large custodial farm has proved to be highly beneficial to the State from an economical standpoint, because nearly all of the labor is done by the 500 feeble-minded men living on it.

Just as we were closing this interesting discussion Mrs. Emerick appeared to invite us to another part of the building where the brothers and sisters were visiting each other. They have a visiting day once a month when members of the family, inmates of the school, are brought together to renew acquaintance, and to enjoy each other's company.

The large dancing hall was filled with families of feeble-minded, both children and grown folks.

They were sitting around little tables amusing themselves at flinch, and other interesting games, and seemed to be very happy. Some families had two, some three or four, and one had eight.

The Doctor informed me that there was one more feeble-minded child to join its eight brothers and sisters as soon as it is a little older.

In charge of these children were officers giving them the necessary attention, and serving refreshments.

One could not help but be pleased when he saw what a great service this institution is rendering to these unfortunate children; and how wise the state has been in providing for their care in such a way as to prevent their increase. Yet, the Doctor informed me that almost every community has in some of its citizens who are not considered feeble-minded, all the possibilities of producing feeble-minded children.

I felt glad again that I had entered upon this work, and longed for the ability so to present this information to the public as to interest it and instruct it to the end that the general average in morality and intelligence might be raised by reason of more care being taken in the selection of husbands and wives.

CHAPTER IV

ON my return home from the visit to the Institution for Feeble-Minded, I spent much time in studying the charts given in Chapter III, and in talking with my friends and acquaintances about them.

When we came to think of it we could all recall the development of family traits, both good and bad in the offspring of people in our own circle of acquaintances. At the same time I was not prepared to learn without profound astonishment the dangers to society by careless and thoughtless breeding.

In the course of my investigation and reading, I learned also that many children well born were carelessly brought up, and that their families and society suffered much for that reason also.

Some one mailed to me a program of the meeting of the State Conference of Charities and Corrections to be held at Dayton, Ohio.

In looking it over I discovered that Dr. James A. Leonard for many years the able organizer and Superintendent of the Ohio State Reformatory was to deliver an address on the subject, "Why These Broken Vessels?"

I had read much of Dr. Leonard's great work, and had discovered it was of international importance, and by reason of his broad and humane ideas the institution over which he presides has attracted the attention of the civilized nations of the world. I therefore determined to attend that meeting, and hear his address.

He spoke for more than one hour holding the concentrated attention of every person in the audience, and not a few were deeply moved as he recited in a most interesting

way, case after case of fallen young men of unintentional parental neglect.

As he was compelled to hasten for a train at the close of his address, I was unable to speak to him.

My interest was so aroused that I felt I should have his story for the general information of the public. I therefore took a train in a day or two for Mansfield.

Dr. Leonard received me most cordially, and took great pleasure in showing me the surprise of my life. I found that his work is not the ordinary state institution, but on the other hand a great manufacturing and agricultural plant which furnishes the other institutions of the State, shoes, clothing, printing, furniture, and farm, dairy, and poultry products.

On approaching the Reformatory, there is nothing to indicate its nature. The buildings are not pretentious, but on the other hand constructed along safe and economic lines of architecture.

The high wall surrounding the buildings in the rear is not visible from the front, and one gets the impression of entering a school building.

The farm consists of about 1000 acres to which are added 200 acres of leased land, making 1200 acres in all. All farm work appears to be carefully and scientifically done, and the best evidence of this is that during the past year, the total value of all farm, poultry, fruit, dairy, and other products amounted to \$60,000.00, of which \$30,000.00 was net profit.

The work is so organized that all of the time of a great many of the prisoners during the farming season is used on the farm, and in the winter when but little farm work can be done this labor is transferred to the Manufacturing Departments.

Dr. Leonard said, "This is the work of the State, and the economic nerve is the most sensitive one in the State's entire nervous system. The State wants to know how much it costs, and if it pays financially, and the people of the State are entirely justified in being interested in this matter.

"It has therefore been my great study along the lines of reformation and reclamation, so to distribute the work as to make it most effective, both from an economic standpoint, and from the greater consideration of making good men out of wayward ones.

"When I was invited to the Reformatory to become its Superintendent, my first sight was that of a few young men cutting ice off this pond out in front. They were surrounded by a lot of guards with shining steel guns.

"I thought it was proper that the boys should cut the ice, but the steel guns made it very expensive, and I wondered if they were really necessary.

"Later on in the season, I observed a boy plowing corn, and on a high piece of ground overlooking him was a guard with a shining steel rifle. I thought it was right that the boy should plow the corn. It was good for him. It brought him close to nature. It gave him a chance to meditate, and this is good for anyone; but the steel gun made the corn costly, and could not help but prevent the boy from enjoying the impulses for a better life which would otherwise have knocked at the door of his soul.

"I therefore decided to change the plan, to put boys upon their honor, to appeal to their manhood, to make them sure that I was their friend, and that I desired above all things to help them.

"Of course, to change a plan like this would take some time for preparation. It would hardly be expected that a crowd of young men, heavily guarded to prevent their run-

ning away, would do otherwise than run away after the guns were suddenly removed.

“In my daily contact with them, in addressing them in chapel, and in frequent meetings with the officers of the institution, we gradually prepared for the change, but not without many misgivings on the part of most of my co-laborers.

“At first, thirty were trusted out on the farm alone; of these eleven ran away. But this did not discourage us. In fact, it was a much smaller per cent than those who had been in charge of them for many years prophesied.

“Others and greater numbers were placed upon their honor, and sent alone with teams to work on the farm. Each year the percentage of those who violated their trust has grown smaller and smaller until out of 300 men last trusted only two attempted to run away; and hence we no longer need the expense of guns and extra guards, and our farm work is very profitable as already stated. And out of 3500 trusted out in the past fifteen years only thirty-two have attempted to escape.

“On this farm are 200 acres of bottom land which was considered waste for want of tiling. In the winter we manufactured our own tile, and placed twenty miles of it in this waste land, thus completely draining it. It is now very fertile and productive. While the prisoners were reclaiming this land, the matter of reforming themselves, and each other must have been frequently in their minds.

“We make our own brick, and construct all of our buildings.

“We have one of the finest dairy barns in this country. The Finance Committee of the House of Representatives placed its value at \$45,000.00. It doubtless could not be erected under contract for less than \$60,000.00, yet by

utilizing our prison labor without expensive guards, as already stated, it cost the state only \$19,000.00."

I want my readers to know that it is very inspiring to one interested in farm life, or knowing anything about it, to visit this dairy. It has a capacity for 160 cows, besides ample room for calves, young stock, males, and an abundance of storage room for all necessary feed. Connected with it is one 500-ton brick silo, and a smaller one.

It is built on modern plans. A perfect record is kept of what each cow produces, and all of her feed is weighed to her, so her profit can easily be determined.

The cows are thoroughly washed each day, and both they and their surroundings are kept in first class sanitary conditions. All kinds of machinery for preparing their food such as shredders, corn and cob crushers, conveyers, etc., are there.

While the dairyman, of course, is a trained expert in his work, and a salaried man, the labor is all done by the prisoners, and not a guard is in evidence.

From the dairy barn, we proceeded to the poultry plant. On the way were great ricks of brick, and piles of tiling which the prisoners had made when their services were not needed on the farm. These are ready, however, for the new work which is to be done the coming summer.

Like the dairy barn, the poultry plant, including all the houses, is constructed on modern plans, and yielded, including the fruit and berries, which are operated in connection with it, a net profit the past year, after paying all expenses, including the salary of the poultryman, of \$2,949.28.

It hatched, and brought to maturity more than 10,000 white leghorn chickens, besides a lot of ducks and geese. A number of prisoners devote their entire time to this business, and are like others upon their honor.

It is needless to say that this Reformatory is turning out every day expert dairymen, poultrymen, and farmers, as well as redeemed men, and doing it by the breadth of the spirit of love and interest in our fellow man.

After our most interesting visit to the farm, I was conducted through the manufacturing departments. All of the products of these departments are for State use.

This labor no longer comes into competition with the labor that generally supplies the public demand for manufactured goods.

Everything made here goes into the use of state departments and public institutions. That this provision of the law is wise, there can be no doubt, for it gives employment and training, and even an education to these wayward young men, and at the same time turns the products of their labor to the service of the state, thus greatly reducing the expense of maintaining her institutions.

And what do they manufacture? I found several hundred men busy in the manufacture of furniture, and beautiful and substantial it was too. The Governor's office, and nearly all of the State Offices and Departments have recently been furnished from the reformatory, and a great deal of the furniture of State Institutions has also come from there.

Likewise, in the shoe department several hundred men were engaged in turning out attractive and substantial shoes which are to go to all State and County Institutions needing them.

A large number of men were engaged in making clothing, and one is reminded on a visit to this department of a large wholesale clothing establishment. Long rows of suits are piled up, tables are laden with cloth from which other suits are to be made, some young men are learning cutting and fitting, others the making of pants, and others whole suits.

This clothing also is to go to supply the State and counties who must purchase for the inmates of the institutions.

A large printing department, well equipped, and giving employment to many young men is doing the work for the State and counties. Again, one is reminded on entering this department of the surroundings found in a high class printing house with presses running and machines clicking.

Then there is the educational department, a school with its principal and its teachers. Those whose education has been neglected can be educated as other young men are being educated on the outside.

The time of these prisoners is divided between school and work, each complementing the other, and thus rounding out with excellent opportunities the days these people spend in the Reformatory.

The visit was most interesting and delightful, and is well worth the time of any citizen of Ohio to make.

I am justified in dwelling so long upon what is being done in the Reformatory, and the manner in which it is being done only because of the authority it gives to Dr. Leonard when he answers our questions, "Why These Broken Vessels?" "Why must we have a Reformatory; what is fundamentally wrong with Society that young men must be imprisoned?" Anything Dr. Leonard says on these subjects must be taken as authority in view of the great study he has given them in order to work out such a complete and effective plan of operation as prevails.

When these questions were propounded, Dr. Leonard assumed the attitude of one bearing profound responsibility.

He waited a few seconds before beginning his answer, as though he were entering upon an unwelcome task; but as he proceeded his deep seated earnestness and quiet eloquence soon relieved me of my first impression, and I readily understood that the task was not unwelcome; but that he fairly

reveled in the joy he felt that an opportunity was presenting itself for him to say to all people who will read this story what he so much felt should be said; and then calling to his aid the spirit of the poet, he said:

‘Three roots bear up Dominion—Knowledge, Will—
These twain are strong, but stronger yet the third,
Obedience. ‘Tis the great tap root that knit round the
rock of duty is not stirred.
Though Heaven-loosed tempests spend their utmost skill.’

“But let society fail to train the individual to cheerful obedience to all proper authority, and it begets an egotist, fosters an anarchist, and develops a criminal.

“For the training of successive generations society has evolved and cherished the fundamental institutions of civilization, i. e., the Home, the Church, the School, the Playground, and Government. These, in the order named, may for the sake of illustration, be regarded as the fingers of the social hand—the hand that moulds the destiny of the race.

“Splendid institutions are these and all-sufficient for the purpose for which intended, but they are all-sufficient only when each is highly efficient in itself and in co-operation with the others. If this hand were directed by knowledge, wisdom, and skill, inspired by love, and stimulated by altruistic enthusiasm, its ministrations would be so potent that it would be well-nigh impossible for a normal child to become a criminal.

“The home is the index finger of the hand of society. To the home, the divinely instituted fundamental institution of society, the child is born of the loins, to be nourished and cherished in the home as a social being until he experiences a new birth into citizenship with all its possibilities of worthy accomplishment.

“Unfortunately there are many children who from one cause or another never experience in full measure the stim-

ulating helpfulness of this beneficent hand. A careful record was kept in a large reformatory for felons for the home conditions of thirty-five hundred (3,500) inmates. It was discovered that 75 per cent of these young men were homeless or came from broken or extremely defective homes. Fifty per cent (50%) came from homes that were broken by divorce, separation or death. Many of these homeless boys had been knocked about as waifs, but more had been committed to children's homes, orphanages, or other institutions for neglected children.

"I am led to believe that the average American home of today as a factor in character-building is inferior to that of the average home of any period of our past history. This is not due so much to a deterioration of the home-makers as to the practical elimination of the male parent from the life of the child, due in some degree to changed social conditions, but in a larger measure due to a change in economic and industrial conditions. The family formerly constituted an industrial group with intimate daily association in which the children were brought in contact with both parents. The home under these conditions was also the center for moral and religious instruction both by precept and example.

"In the average home the father is absent during most of the waking hours of his children. As a bread winner he goes abroad sometimes for the day, some times for weeks or even months. Under these conditions the child is deprived of proper discipline and moral training. This results in very distinct loss to the child in opportunities for character development. The mother is burdened with a double responsibility that Nature never intended her to bear. The father under these conditions is apt to fall from the high privilege of fatherhood to perfunctory parentage or perhaps

become a mere progenitor. (See Drummond's "Evolution of the Father.")

"There is no period in a boy's life when the presence of the father is not required for his proper development; but in the period of adolescence his need of intimate association with his male parent is imperative. This is a critical time for the boy, but it is a no less critical time for the father. Statistics show that the men who make shipwrecks of their lives after winning an honorable place in society—men who wreck banks, railroads and institutions, men who prove false to the home, who turn traitor to ideals and prove recreant to trust are between the ages of forty and fifty. This would indicate a second period in man's life no less critical than the period of adolescence. The average man at this period has sons in the adolescent period who need the sympathy and close companionship of their father to tide them safely over this dangerous period. It seems to be a beautiful reciprocal arrangement of Providence that the man in saving his boy should save himself.

"Dr. Stanley Hall points out the fact that it is in the adolescent period that the youth reaches his maximum susceptibility to religious influences. Seven-tenths of the conversions and acceptance of religion as a dominating force in the life of men occur in this period.

"The church, which is the central figure in this social hand to mould character of men, seems to fail to appreciate or to profit by this important truth pointed out by Dr. Hall. Young children and adults are found in the church and Sunday School in great numbers, but where is the adolescent youth and what provision is made by the church for discharging its full measure of responsibility to him? These young fellows should be taken from among the small children and the older people of the church and placed in a large

group to be taught, instructed and appealed to by Christian men of knowledge, experience, imagination, and eloquence. To these qualities the adolescents readily respond and to such a man they give ready allegiance.

"We are all familiar with the fact that the boy drops out of school during this same period and very largely for the reason that the school-curriculum is not made to meet his special needs and insufficient care is taken to provide him with instructors especially gifted in directing him and holding him to the true course in self-development.

"When the youth at this age drops out of the home, church and school there is no place left him but the street, and here he meets temptations that he never knew before. Childhood, happily, is panoplied in its own innocence and is thus protected from corrupting influences, but the adolescent lacks this shield of innocence and his greatest danger comes from new-born forces within himself.

"At this time at least ninety per cent (90%) of criminals begin their career.

"Could we but add ten per cent (10%) to the present efficiency of the home, the church, the school and the playground, and to a like degree give power to the social hand as a whole, safely to keep these adolescent youths, and wisely, lovingly, but firmly hold them and mould them, allowing none to slip away between the fingers, the problem of the prevention of crime would be solved and the criminal, if not eliminated would become a negligible quantity. I would therefore welcome an agitation for the increased efficiency of those time honored agencies as a substitute for the long and disappointing search for the cure for crime and criminals in the so-called sciences, ranging from phrenology to eugenics.

"Society has always had this problem. One can well imagine that Solomon, so reputed for wisdom, would be

consulted as to the best methods of preventing crime. The question must have arisen in his own active mind, at least, and he gave an answer that seems final and sufficient for all time—'Train up the child in the way he should go and when he is old he will not depart from it.'

"The question of the cure of the criminal was brought home to greater than Solomon, when the Psalmist realized that his soul was fouled and polluted by vice and sin and that he was a criminal in the eyes of God and man. He knew that only He that made the human heart can cleanse it, and cried out, 'Create in me a clean heart, O God, and renew a right spirit within me.' In this way only can a criminal be cured.

"I have seen many men go out from reformatory institutions, who, because of deterrent influences, increased intelligence and higher industrial efficiency, have refrained from the commission of crime; but I never knew one to go out in the world who did righteousness and abounded in good works who had not first experienced 'a broken and contrite heart,' made clean by the same process invoked by the Psalmist. Why not, then, devote our best energies to producing a generation of men characterized by pure hearts and clean hands? To paraphrase a familiar quotation—

'Vice and crime from no conditions rise,
Train the child and youth, there the issue lies.'

"Would we eliminate crime and criminals we must lay the emphasis upon the subjective forces of the human soul rather than the influence of material environment.

"A strong man who had been not only a sinner but a criminal, but who had experienced regeneration, did not seek justification or even explanation of his wrong doing in the unfavorable environment of early pioneer days in the Sierra

Nevadas; but late in life he stood on a mountain top overlooking the scene of his life's vicissitudes and wrote:

'There is no ill in all the éarth,
There is no thing that hath not worth.
There is no evil anywhere
Except man wills it there.'

I asked Dr. Leonard what specifically are the influences in society which cause the fall of young men. He said, "There is the saloon with all of its attendant evils, yet as a direct cause it has not ruined so many young men as the public generally believes; but indirectly it plays havoc in homes, separates fathers and mothers, breaks up the family, scatters the children, many of whom can find their way only into an evil environment, as already indicated.

"They are not under control, they are not obedient to any mandate or law, and consequently they break the law, are brought before the courts, and sent to the Reformatory."

I suggested to him that most of the population of his institution must come from the cities. He replied, "On the contrary the entire state is represented in proportion; only people are sent from the different parts of the state for different crimes.

"Most of them coming from the southern part of the state are for fighting, cutting, shooting, chicken stealing, and burglary.

"While those coming from the black land region north of the center of the state are for horse stealing, and crimes of that kind."

I told him I could understand the fighting, shooting, and other tendencies in the southern part of Ohio, because I had grown up there, and personally knew by the State's close proximity to Kentucky and West Virginia that there is a spirit for these things which has long prevailed, and from my earliest memory I had heard these things discussed

around our fireside, and at all public gatherings where men were. Also that dwellers in shanty boats which ply the Ohio River had always been accused of chicken stealing.

He said, "That is it. Likewise in the early days before the northern part of the State was settled, horses were stolen from the southern part of the State, and run into this black belt for safe keeping.

"These people naturally settled there, and the boys of that section have heard discussed all their lives the early enterprise of horse stealing.

"Tell me the folklore of any community, and I will tell you what kind of lives to expect from the young people growing up in that community. If the people dwell in their conversation upon quarreling, fighting, and litigation, the children are very liable to become pugnacious and quick to carry their troubles to court.

"If the people are interested in education, maintaining debating societies, have a little library of good books, live peacefully and happily together, the children will become law abiding, literary and professional men and women.

"If the conversation is of the grog shop, bar room, saloon, and brothel kind, not much may be expected from the children when they grow to be men and women."

I suggested that there is surely much room for reformation in the folklore of most communities, and asked him what suggestions he had to bring it about.

"It is a matter of long and tedious education of the people. All fathers and mothers want their children to grow up to be honest and capable men and women. They may be feeding them on a daily diet of conversation and action which will make their hopes impossible of realization.

"If they can be made to understand that all they do and say furnishes food for the building of character in their own children, and those of their neighbors, they will act and

Speak differently, but they must be furnished something to talk about.

“It is not enough to put away the old, but something new and different must be substituted. As most of these people are ignorant, and unable to inform themselves, it becomes the work of the school and churches in every community to furnish them such subjects for thought, investigation, and discussion, as will interest them, and do them and their children good.

“Every community in the State may secure books free of all charges from the State Library.

“Every school teacher should be a leader in setting his community on fire for new and elevating engagement of the thoughts of his constituents. His duty is only half done when he has given daily instruction to their children. He owes it to the parents and others in the community quietly and affectively to lead and to educate them also.

“Then the newspapers and magazines which are a great educational force could well afford to devote a little space to instructing fathers and mothers in the dangers to their children of the environment in which they live.

“It is true that the class of people in which we are most interested are not financially able to subscribe for magazines and newspapers. They do not read much. Some of them are illiterate, but under the leadership of the school teacher spoken of above, and with the support of the State Library a great deal more reading matter could be placed in the hands of these people than they now have.”

I told Dr. Leonard that I was very much interested in all these wise suggestions, and could now readily understand why something must be found to take the place of the daily association with the father, grandfather and wise neighbors which the boys once enjoyed, but which are denied the boys

of today. It was a new thought, and I considered it a very important one.

Dr. Leonard said, "Yes, even on the farm the companionship is not so close as it was once, because most of the work is now done on riding implements, and each fellow is alone. Why, I remember a little incident that took place in my boyhood days which has proven to be a daily lesson ever since. The lesson was given me by my grandfather with whom I was hoeing potatoes. We had been working together all day, and I felt that my work was very creditable; but occasionally when I glanced over to his row, I was impressed with the skill with which he cut the weeds, and drew the moist dirt around the potatoes, and leveled it up.

"When quitting time came he advised me to drive a stick down in my row where I left off. Without asking any questions, I obeyed him, sought a stick, and sunk it deep into the ground.

"When we returned to our work the next morning, the stick was still there, and I was curious to know why he had me do such a thing. I said, 'Grandfather, why did you want me to drive this stick in the ground?'

"He replied, 'So you would know where you left off.'

"I looked back over the two rows, and felt the justice of his quiet and kindly criticism. I resolved that hereafter I would do my work better, and ever since I have endeavored to hoe my row so well that no one could have any doubt as to where I left off.

"You know there are prisoners being brought into the Reformatory almost every day. Here is an example of unintentional parental neglect, and it is paralleled to a greater or less degree quite often.

"I was told that a man was in the hall waiting to see me. I went out and found him walking the floor in great

mental distress. I told him that I was the Superintendent, and asked him what I could do for him.

“ ‘I am afraid there is not much anyone can do for me. The Court has sent my son over here to prison. He has brought disgrace upon the family, his mother is at home heartbroken, his brothers and sisters feel the shame, and I have come along with the sheriff, hoping I may be able to do something to reclaim him.

“ ‘I do not know why he ever did such a thing. He has had the best family instruction. He was brought up in the Sunday School. He has had everything that heart can desire. I have been busy in the transaction of large business interests which has occupied all of my mind and time, but I have seen to it that he would not be neglected in any particular.

“ ‘He has been permitted to travel. He has lived in the midst of a good library. An automobile has been at his disposal, and all the money a boy could honestly use.

“ ‘I have given him everything, hoping his sense of appreciation would be sufficient to protect the family from a disgrace like this.’ ”

Tears were streaming down his face, and I was indeed sorry for him, but I said, ‘Hold on, dear friend. You say that you have given him everything, but I discover one thing lacking, the most important of all; the one thing that would have saved him, and that is yourself. You never gave him yourself.

“ ‘You never went fishing and swimming with him. You never became his companion on trips around through the country to bring him in touch with nature. You never walked and talked with him. You never pointed out the lovely and beautiful things in this old world.

“ ‘You never sat around the fireside, and talked with him about your business, and about good men with whom

you were acquainted. You have not been particular to meet him at the table, and to discuss events transpiring on a large scale throughout our country, pointing out to him the destructive effects of wickedness, and the lasting and enduring work of the good. Now, honor bright, my friend, am I not telling you the truth?" "

" 'I see!' he said, 'I see! but it is too late, and I turn him over to you, hoping and praying that you may do something for him.'

" 'No, it is not too late. I doubt not that he will soon come to a full understanding of himself, I want you to come and see him, and when the time comes for him to go home, I want you to come and take him home.

" 'He will need your companionship, and he will yet be an honor to you and his family.' By and by his father took him home, made him his business partner and companion, and the boy was restored not only to his family, but to a useful life.

" 'That is a most interesting story,' I said, "and the outcome is beautiful. Do you think the boy's early training had anything to do with the outcome, or would you have expected the same result from a boy whose training had been neglected from babyhood?"

" 'I like to back up everything I say by the Bible,' said Dr. Leonard. "It would seem unnecessary to enlarge upon that biblical injunction already quoted about bringing up a child in the way he should go, except to say that had this been a boy in whose heart and mind no good seed had been planted when young, but whose mind had been strewn with tares of all kinds, his reformation could not have been so readily predicted. In fact, it would have been necessary to build up a character including the foundation rather than to clean up one fairly well established."

I suggested to Dr. Leonard that he is so deeply interested in the reformation of the young men under his care, that his whole thought is given to that work, and to the improvement of the environment in which children are reared; that in all this lengthy discussion, no reference had been made to breeding. Should we close this discussion now, I feared the wrong impression might follow from what had already been said, and asked him if he had any message of caution to young people who are considering the question of marriage.

He, at once, responded, "Surely, I have. Everybody knows that breeding is important; that the stock is full either of good or evil, and that these tendencies are transmitted and remain in the blood 'even unto the third and fourth generations'.

"Anyone considering the question of marriage which means parenthood should consider first his or her own physical, mental and moral condition, and when these are found sound, should demand an equally high standard of cleanliness in the other contracting party."

It is not easy to get away from a man like Dr. Leonard. He is so full of his subject, and so interesting in presenting it that one naturally feels a desire to hear him again and again.

As a parting question, and as I mentally surveyed the whole scope of his work, I said to him "What is the greatest thing you have done for the reformation of the thousands of young men who have been placed under your care?" His reply was, "The establishment of the bankruptcy court. This is a court before which the wayward boys may appear, and under certain circumstances and conditions have their sins against the Institution forgiven.

"Not all of these boys are good. In fact, a great many of them are bad, are willfull, headstrong, impetuous, and

often willfully mean; and when they trespass against the order of business, rules and regulations of the Reformatory, time is charged up against them. That is they are punished by adding to the time they are to remain in prison.

"Some of them often get several hundred days against them, and the time of their freedom becomes a matter of discouragement. They see this long list of debits which they must settle by good conduct. They know their own weaknesses and their probable inability to pay this debt. They are therefore inclined to act as though they were saying, 'It is no use, I shall not try'. So this court is for the purpose of remitting these debts when the prisoner reaches a state of mind and heart that he would really like to do something to show himself worthy of parole.

"We therefore say to them, " 'Though your sins be as scarlet, they shall be as white as snow'. Have a clean record for thirty days, then come before the bankruptcy court complying with its simple requirements, and these days charged against you will be remitted' "

"This gives them hope and courage. Most prisoners look upon it as a very humane act, and appreciate the benevolent spirit which is behind it.

"Again my authority for this court is found in the Bible. It was always the custom of the Jewish people to have a jubilee at fixed intervals. Sometimes they occurred every ten years, and there was the fifty-year jubilee. On these occasions the prisoners were set free, debts of all kinds were forgiven, and every offender of whatsoever kind took a new lease on life because of the new courage and bright hope which he then had.

"This is the way these things work out in the Reformatory. Early in my administration, two men started to run away. One was pursued by a guard, captured and brought back. Two prisoners pursued the other runaway, although

not ordered to do so. They caught him, and brought him back, and when the guard came up with his man, he found the other offender lying on the ground, held tightly by the prisoners who were strongly condemning him for 'knocking' this system by trying to run away.

"Another boy ran away, but was caught and brought back. He naturally supposed all of his liberties would be taken away from him. I told him I was very sorry for he had made it impossible for me to parole him which I was considering doing. Before he could be paroled, I had to sign a statement that I believed he was an honorable and upright man who could be trusted to go out into the world and refrain from crime; but in the place of that he had shown me that he could not be trusted.

"The boy went back to his cell evidently very sad. But later the guard ordered him out on the farm again.

"He was suprised. He thought it must be a mistake. By and by I came along and saw him at work. He said, 'Dr. Leonard, do not blame me for being out here. The guard sent me. I knew I had no business out here. I knew I was no longer worthy of your trust, and I know there must be some mistake, but the guard would not listen, so do not blame me.'

"I told him that I must have signed some paper authorizing the guard to trust him again, and he had better act as though that had been done.

"The boy remained faithful, and never gave me any more concern.

"Another boy was hurt by a falling derrick, and was unconscious. After his recovery I said to him, 'My boy, you talked about your mother when you were delirious, and you had told me that you had no mother. I think we had better talk over your whole life; that you should tell the

whole truth, so that with a full understanding of your case I can be of more service to you.'

"He therefore told me his whole story,—that he came from good people, that his father was engaged in a Navy Yard, and that his mother was living.

"I sent him out with a team to haul gravel. He was advised to run away, but he said, 'No, I can not do it. I am trusted. I am held by some sort of a spirit. I am pinned as it were to a pine board with knives thrown all around me. I can not get away without injury to myself. I know it is better for me to play fair, and so I will.'

"Later on this prisoner was paroled, but had some trouble, and was about to fall again. He came to me and wanted me to take him back into prison saying that he was wasting his money in riotous living, and that he was not fit to be on the outside.

"I told him that he was a better man than he thought he was; that he should save his money for future needs; that the time would come when it would be of great help to him, and so he went to work again.

"By and by his mother was taken sick, and sent for him. He came to see me about going to her, and told me he had saved quite a sum of money.

"I congratulated him on that, and told him now, that as he had a long trip he should go in sleeper, and to go feeling that he was as good as any man. He was quite puffed up with the idea, and obeyed my instructions.

"The last I heard from him he had passed the Civil Service examination to enter some department of the Navy, and invited me to visit him in his home in New York City.

However, I do not wish you to get the impression that all of our boys are like these.

"From the best information obtainable, I would give as my best judgment and belief after making liberal deduc-

tions, that sixty-five per cent. (65%) of the young men who go out on parole from this institution live free from crime and their success in life and usefulness as citizens is above the average of the people of their class and circumstances; this because of the education and industrial training received at the Reformatory.

"Another twenty-five per cent. (25%) are weak in character and of low value as citizens and liable under special temptation to stumble into delinquency. The remaining fifteen per cent (15%) recommit crime of varying degrees and upon the whole are of little value in the social fabric and should be classed as delinquents and a burden upon society and are apt to be returned to the Reformatory or find lodging in some other prison or place of detention. If there is any mistake in this estimate it is in placing too high the number that revert to criminal conduct. We feel that a much smaller measure of success in the re-establishment of young men would justify the existence of this institution.

"At the risk of repeating a twice-told tale I shall venture to quote in reply to this question an answer made by me a year or more ago.

"Were the winning of these young men from bad to good or from good to better or the best, reducible to a scientific formula, our task would be comparatively easy, but the fact is, in the task before us, we are called upon to exercise what has been called the divine art that no man or group of men can hope to fully master.

"We have had enough of failure to sober us and make us tolerant of the cynic's pessimistic sneer and our success has been so large as to cause us to rejoice with modified zeal with the optimist, who believeth all things and hopeth all things.

"We are inclined to believe that it is better, more wholesome for all concerned, for us who are charged with

the practical administration of a reformatory to lean to the optimistic; otherwise we might be disposed to minimize our efforts by absolving ourselves from responsibility by attributing our failures to the total depravity of the offenders rather than to find the explanation largely in our own limitations as to means and methods, the want of resourcefulness, or the lack of experience, knowledge, or wisdom. We can with reasonable modesty claim that the degree of success attending our efforts thus far justifies the existence of the institution, and the failures should not discourage, but stimulate to more strenuous and more wisely-directed effort.

"Those of us associated in the administration of the Ohio State Reformatory have ventured along experimental and untried lines with sufficient misgiving to render us conservative, but with sufficient faith to render our efforts effective.

"As I contemplate the work accomplished and compare it with what we hold in ideal, we have only been measurably successful, but what has been accomplished is at least an earnest of greater things that may be done if those charged with the work will be earnest-purposed and patiently persistent."

CHAPTER V.

THE people are more or less familiar with Ohio's big prison. Almost every community at sometime in its history has furnished one or more inmates.

These have gone back to their friends when they were released, and told its story.

Besides, almost all the visitors to the capital city make a visit to the Penitentiary. Great crowds pass though it daily. There is no Institution in the state so well known as this one.

I visited it when a boy and saw the prisoners in stripes marching lock-step fashion, each man with his hand on the shoulder of the one in front of him, to their noonday meal.

I went though its manufacturing plants, and saw the prisoners hard at work in the midst of severe heat, and flying sparks forging their daily tasks.

Later I visited this place when the stripes were almost abolished, being left only for the third grade prisoners, and the gray suit was substituted. The lock-step had likewise disappeared.

I have sat on the stage in the chapel during the Sunday morning services, and looked into the 1800 faces, each of which was a study. I have seen and heard them join in the songs, "Nearer My God To Thee", "My Faith Looks Up To Thee", "Blessed Be The Tie That Binds", and other sacred music,

I have engaged many prisoners in conversation, and have heard them tell of their fall, the disgrace they have brought upon their families and friends, the sorrow it has all caused them, and have heard them repeatedly resolve, that the evil influences which dragged them down would never again be countenanced by them when they were set free.

The last few years I have had an opportunity to observe the great reform in prison management.

The old modes of punishment, such as the electric buzz, the water cure, and the paddle have passed away. I do not pretend to know whether prisoners of the early day were more desperate in character than those of the present time; whether the contract labor system which was once in vogue was calculated to develop the worst in men or not; whether the idle house drove men to vicious and uncontrollable states of mind, so that all of these old punishments were necessary at that time.

I do know, however, that the present system of trusting a large percentage of the prisoners on public work in various parts of the state is largely successful in their reformation.

It gives them new life and new hope. It occupies their hands, and their minds, gives them rest and sleep at night, and brings them in contact with the savings influence of the state's best endeavors.

It makes quite a different impression on a prisoner's mind whether he hammers a forge for a contractor whose only desire is to make a profit, or whether he lays a tile floor in a State Institution which will make better sanitary conditions for the unfortunate insane who must live there.

It would be most interesting to investigate all of these matters, to think upon them, and to discuss them, but this story as has already been stated in a previous chapter is to answer the question, "Why Prisons and Prisoners?"

I called on Warden P. E. Thomas for the answer to these questions. He has had a wide experience in penal Institutions. He was employed in the Mansfield Reformatory for many years as a guard. Later, he was appointed a parole officer in that Institution in which position he had a chance to observe the effect of prison reformation.

He became Warden of the Ohio Penitentiary May 1, 1913, and has given the best of his mind and heart to the reformation of such men and women as are sent to the Prison.

He readily consented to an interview, and spoke frankly, and with a great deal of intelligence upon all phases of the question.

He gives four classes of criminals:

1. The criminals by choice.
2. The imbecilic criminals.
3. The criminals by environment and association.
4. The criminals by virtue of circumstances.

"Criminals by choice are those who were started wrong in life, and liked it," he said. "They are enthusiasts. Whatever they might engage in they would pursue with zest and earnestness. They might as well have been great preachers as great thieves.

"This does not apply to all of them, because some are too lazy and indolent to be enthused. They are criminals because they think it is the easiest way to make a living. It beats work. We may say that they are crazy, but in turn they would say that we are crazy for working. They are like the drunk man who thinks everybody else is drunk.

"But generally speaking, they need not to have been criminals had their start been different, or had they not chosen to be.

"This puts upon Society, as it should, responsibility of all the boys in the community. It is closely allied to environment, yet they form a different class of prisoners from those who yield to bad environment.

"These prisoners of choice help make environment which drags others down. There is nothing that can save a prisoner of choice, but a complete reformation, a change

of heart, a putting away of old thoughts, and a substitution of new and good thoughts.

"Work is only half done when a man is reformed. He must be given a new work in the opposite direction. His enthusiasm for the new work is liable to outdistance those who have pursued it for years.

"This again places upon churches a great responsibility. They should find some means in making a church environment either in connection with the regular churches, or separated from them, which would appeal to these men, and interest them to halt long enough to take a thought.

"Jesus came to 'Rescue the Perishing'. These men surely belong to that class. They will not attend a church, and it would not likely do them much good if they did. They must be reached through the kind of an organization which is especially working for them.

"In the absence of a church influence they accept the evil influence which is always available and easy of access. There is a great work here for the church to do. The men who might be its best defenders and supporters and surely its greatest enthusiasts, are spending much of their time as prisoners.

"If you could prevail upon the churches to see this point, and adapt themselves in part to the work of saving these men, you would be a philanthropist of the rarest value."

I told the Warden I was very much interested in all he had said, and could readily understand wherein society by reason of its lack of knowledge, and churches by reason of a failure to appreciate their greatest opportunities, were permitting boys to become criminals when they might be made useful and valuable citizens. It is clearly evident in this case "that an ounce of prevention is worth more than a pound of cure." He said, "That is it exactly."

He turned then to a discussion of imbecilic criminals. He said people usually thought they were insane, but his experience led him to believe that many of them would make good and safe citizens.

"They have found their way", he said "into prison unconsciously. They did not intend especially to violate the law. In fact, many of them did not know of the law, or if they did, when once started in an act of violating the law, they had no mental check which the sound-minded person has. Consequences did not appeal to them because they had lost control of what little mind they had, and went wherever impulse directed.

"There are both good and bad imbecilic criminals. They are easily cultivated, and more may be done for them sometimes than for the criminal by choice. This also constitutes the class known as degenerates.

"When people have advanced into a knowledge of correct propagation of children, the percentage of imbeciles will be greatly reduced, and if their early training is properly looked after the percentage of imbecilic criminals will be reduced.

"By far the greatest number of prisoners belong to the third class—criminals by environment and association. Most of these are preventable.

"It is the most fertile field in which society, home, school, church, clubs, secret orders, social workers and others can employ all of their forces for good. It is surely a grave charge against society that I have just made by saying it is the cause of criminality, but it is the truth.

"Almost every neighborhood tolerates within its midst conditions which are as bound to produce criminals as other institutions are to produce good men and women."

I could not help but agree with the Warden for every word he was saying is true. And while I could recall

many a wicked influence in communities in which I have lived I was anxious to have the Warden enumerate the things that he thought had the greatest tendency to start young men in the wrong direction. I asked him from where most of these prisoners had started on their unfortunate course.

He promptly replied, "In general loafing places which are found in every community, such as livery stables, barber shops, haymows, billiard rooms, pool rooms, gambling houses, brothels, wine rooms, dance halls, and saloons.

"Of course, I do not mean that all of such places permit young men to start wrong in them. Some of them are very careful in the regulation of their business, and do no harm to any one.

"But in poorly regulated communities good people in charge of such things see no harm at all in boys spending their idle time around them, or if they do, they do no protest.

"A life of loafing without anything whatever to do, or without any disposition to do what could and should be done around their homes has started more boys to the penitentiary than any other cause. Loafing begets bad habits, and bad habits rapidly multiply when hands, mind, and heart are empty of good work, good thoughts, and good deeds.

"At least 90% of the prisoners will tell me, if I ask them the cause of their downfall, that drink brought them to the penitentiary; and that they learned to drink because they learned to loaf when they should have been learning to work.

"Some of these may be mistaken, but it is my opinion after a long experience with criminals that if booze were entirely abolished in the United States for a period of one hundred years criminality would be reduced 75%, and if it were abolished for ten years criminality would be reduced 50%.

"Seven-nineteenths of the prisoners in the Ohio Penitentiary are repeaters, that is they have been in the penitentiary

before. At least 75% of these have not been cured entirely of the drink habit, and when they are released or paroled they soon go to drinking, and consequently to crime.

"It is not enough for the state to punish such people for a term of years, and then turn them out expecting them to stand. The state should take up the additional responsibility of putting them in an environment which will encourage them to work, and support such feeble resolutions as they may have to live better lives. When they are permitted to go back to their old environment, it is a most natural thing that they shall again become its victims.

"If counties sending prisoners to the penitentiary were required to pay for their maintenance it would open the eyes of the taxpayers to the necessity of removing from their midst an environment which will cause these prisoners when set free to return to the penitentiary at their expense.

"It is therefore a county work rather than a state work, although the state could well afford to help the counties in any work for the general good.

Then there is the criminal by circumstances.

"Here is Mr. A. who is naturally ambitious himself, and has a family even more ambitious. He is employed in a Banking Institution or in a Building and Loan Company.

"He has not the money, and does not draw sufficient salary to permit him and his family to live like a few of their neighbors with whom they are good friends.

"His mind turns to speculation. He thinks he sees a great opportunity to make money, but he lacks a few hundred dollars necessary to make the first investment.

"He takes out of the bank, or the building and loan company. He does not intend to steal it. He will return it when his profits are realized, or if he should be disappointed in the realization of his profits, he expects to replace it out of his salary.

“His investment is lost. His salary is too low to reimburse the bank, or building and loan company. He becomes desperate. He withdraws more money, and takes another risk, and another, and another until all hope of ever reimbursing his employer is gone.

“The inspector comes to look over the accounts. He finds that the figures have been juggled, there are erasures, and false entries.

“Mr. A has disappeared, but is pursued by the law, brought to account, and sent to the penitentiary.

“He was not a criminal at heart, but over-zealous to provide for his family as his neighbor was providing for his, and his family not knowing the dangers or of his work permitted him to take chances. There are many such men in prison today.

“Here is Mr. B. As a boy he was well raised and well educated. He had a good position, was married, and the father of three children. His employment threw him in with prominent people where there was good fellowship, drinking was indulged in by the crowd, and although he had never drunk when a boy he began, ‘going the pace’, with these good fellows.

“Then he fell in with bad women. It is strange how booze and bad women go together. His family was broken up. He went to another city, but could not give up the drink habit. He remained a companion to the lewd woman. She was false and deserted him for another man. In his frenzy, he killed her with a knife and was sent to the penitentiary for life.

“Not long ago I went with him to see his aged mother who was nearing death. The man is now fifty years of age. He was her baby. He knelt with his head in her lap while she stroke his hair and exclaimed, ‘Oh! My baby, my baby!’.

“He is a faithful prisoner, and an honest man, and there is not a symptom of criminality in his heart; but his life was ruined because of the circumstances under which he was employed, and because of the people with whom he associated.

“Mr. C. was raised well. He was a Sunday School boy, well educated, and fitted for business. He was popular in his community and trusted. He married a belle in the community, and one child was born.

“He was elected to a county office. This threw him in with the good fellows of the county. They taught him to drink and gamble. Liquor caused him to desert his wife for other women.

“Gambling caused him to use the county money for private purposes, and he was sent to the penitentiary.

“He was paroled and trusted again, but he broke his parole by drinking whiskey and was sent to the penitentiary again. He was again paroled, but could not resist drinking, and is now again a prisoner.

“He is a fine fellow, and not naturally a criminal. On the other hand, I believe if he would let whiskey alone he could yet succeed in an honest business, and would be glad to do so.

“When asked what his motive was for breaking his parole by drinking whiskey, he studied for a moment and said, ‘No one knows. It can not be explained. I have been reading my Bible a great deal since I came to the prison the last time, and have been thinking upon life from a different standpoint. I have gotten much good out of my Bible reading, and out of meditation on the Christian life of which I have heard since a baby, but to which I have given but little thought until recently!’ ”

I thanked the Warden for his most interesting story, and told him it could not help but have a great effect on

the regeneration of Society, if the information he had given me could only be placed in the hands of all the people. His story is interesting enough to read, and surely is full of instruction.

Before I left, he said, "You have asked me many questions, I would like to ask you one. We are paroling men seemingly reformed, but weak. Booze is their worst enemy. I know when they leave the prison that it is only a matter of a few days, or weeks, or months at most when temptation will overtake them; a few will fall before the demon rum, breaking their parole, and be sent back to prison. And yet, the state of Ohio is licensing saloons and drinking places in large numbers in our cities from which most of these men come to the Penitentiary. Are we morally right in re-incarcerating men for falling before these legalized temptations?" I told him that I do not know, but I'll put his question to the people for answer.

CHAPTER VI

PURCHASING a morning paper from a very busy "Newsie," on one of our city's crowded streets, I enquired the whereabouts of little Mike a bright little fellow I was accustomed to meet on this particular corner.

"Oh he is pinched and up in court this morning," replied the boy.

I expressed my surprise and wondered what Mike had been doing. My new acquaintance said, "Nothing, only he ain't been goin' to school. You see his father don't do much and Mike has to sell papers to help the folks at home, and that keeps him out of school; he's only fourteen."

Having been really attracted by the boy's activity, and having amused myself on a few occasions with watching him ply his trade, I decided to drop into the Juvenile Court and look the ground over, possibly something of interest might develop in this clearing house of humanity. Anyhow, I'd never been in this particular court and it was high time I took an interest.

On entering, it took me some time to adjust myself to the thought of being near a court at all, nothing in the surroundings suggested the dignified presence of His Majesty the Law, though several people, mostly women and children, were about the room in waiting, and these gave some evidence of being affected more or less seriously, and paid close attention to those entering and leaving an adjacent room, where, I rightly considered, His Honor was holding court.

Expressing my desire to visit the court to one who appeared to be assisting in the direction of things, I was

ushered into the "Court Room" and introduced myself and explained my presence to a rather kindly appearing man, the Judge, who very pleasantly, in response to my inquiries, acquainted me with somewhat of the purpose and character of the Juvenile Court, and suggested that I remain and observe its workings in a few of the cases he was hearing that morning.

I did so, and found the time very well spent, indeed. What a wonderful insight of the rudiments of home life and the social surroundings of a very large portion of his fellow citizens has this one earnest man, and what a knowledge of human nature must be his to see and understand the needs and judge the faults, direct and dispose of the action of "just plain people" in their most intimate social relations.

First came two young girls of apparent intelligence and neat appearance, the complaint was that they had been frequently seen on the streets late at night. All that could be judiciously said to them on the error of their conduct and the evils consequent upon "street walking" was carefully and kindly explained by the Court and the parents were brought in and plainly told their duty and admonished to take the proper steps to forestall further and more serious trouble.

Next came a worthless sort of a fellow who plainly showed dissipation to be his habit. Had a family; had been in court time and again, accused now of non-support and abuse; worked spasmodically and spent what little he earned for "booze." The last straw it seemed had been added and the Court recognizing the necessity of doing something effective, sentenced the derelict to the work-house, observing as he did so that the family would, for awhile at least, realize something from his labor, so much per day being paid to the wife by the County during his detention.

Now came the case of my friend Mike, and I was soon given a view of home conditions that I fear is all too common in our congested districts, and again other conditions frequent in all communities. Many children are cursed with parents having no conception of their responsibility. Ignorance, lack of training, or no training at all, stamp too many as totally unfit to direct the young life they have brought into existence. Along with these is that numerous class of children of divorced parents, forced to accept instead a disinterested step-father or step-mother, stunted in their moral development at the very threshold of life; often left to their own devices and to shift for themselves. Mike had been shifting for himself for some years; had been before the Court several times for truancy and it had become quite evident if anything was to be done for his permanent good it must be from sources outside his "home."

The Judge has exhausted his resources and decides the best he can do for the boy will be to send him to the Boys' Industrial School, and Mike, with visions of new worlds to conquer, readily agrees.

I remained through the hearing of other cases, one proving to be that of a distinctly imbecile youth, and was startled to learn from the Court that the marriage regulations of the State failed utterly to prevent an appreciable increase in this troublesome element.

Still having the case of our young friend Mike in mind I left the court with a determination to visit the Industrial School at the earliest opportunity, and did so a few days later. Upon research, I found this school to be the first of its kind in the United States, being established in 1856 under the name of the Reform Farm, the purpose being set forth in the name, a place of reform, the improvement of the moral, physical and intellectual condition of boys under seventeen years of age (from ten to eighteen, since July 1,

1914) who, because of petty crimes and delinquencies, had been finding their way into the county jails and workhouses, and to prevent their certain ruin from evil associations there formed. To further emphasize the character of the School and identify it as an agent not only of moral uplift, but for vocational training as well. In 1885 the name was changed to that of the "Boys' Industrial School." I learned that the school "farm" consisted of something over twelve hundred acres of hill land in Fairfield County and that the inventory of lands, buildings and permanent improvements disclosed a value of upwards of one and a half million dollars, which would indicate that the State had been quite liberal in its appropriations for this branch of public service.

Arriving at my destination by the electric line from Lancaster, I was soon negotiating a difficult, but rather interesting, walk up to the School, a few buildings coming into view over the crest of the hill. Like many others no doubt, I was beginning to wonder what led to the location of the School in such an inaccessible place. This was to appear later on. The car, all the way out, had been crowded and I learned that this happened to be the regular "visiting day," which accounted for the numerous baskets and packages with which the ladies seemed to be provided. Yes, most of the company were women and it is usually the mother that shows deepest interest in her boy, however wayward. Perhaps the very indifference of the father has much to do in bringing about the delinquency of the boy. This is a matter about which we men may, with profit, think seriously. I had noticed a neat young cadet in blue uniform meeting the visitors at the station and was directed by him to follow the walk to the large main building and after some perspiring from the climb, reached the receiving office. Stating my desire to look about the School, was told

pleasantly to rest for a minute and a guide would soon be furnished me.

In the meantime a couple of gentlemen came by, and one stopped to ask if I was being waited upon. I told him I was waiting for a guide. He introduced himself as "Hastings, Superintendent of the School."

I had a pleasant talk with him, and found that he had been in charge of this school for about four years. When he was younger he was a teacher in the Public Schools of Auglaize County, and was later Principal of the School Department in the Mansfield Reformatory, and still later was assistant superintendent in that institution.

I was pleased to know that he had had this ample preparation for the great work he is now doing, and what I saw of the school later constantly reminded me of the old pedagogical saying, "As is the teacher so is the school."

It is to the credit of the people of Ohio that their institutions are generally managed by men of satisfactory experience either in their special line, or kindred work.

Captain Hastings was most cordial in his desire that I see all of the institution I cared to, and also told me that if I had any questions to ask him after my visit he would be more than glad to hear them.

When my guide appeared, the Captain putting his hand on the lad's shoulder assured me that I was in safe and reliable hands at which statement a smile of appreciation appeared on the boy's face and he said, "I thank you."

He was in cadet uniform, well set up in appearance, soldierly and intelligent. If I would go with him he would be glad to show me the School. I was somewhat surprised at the utmost trust that was apparently placed in the boy and naturally much of my interest centered in him and we were soon in conversation. I found him willing to talk and he was soon telling me frankly about himself, his comrades,

and things in general about the School. He had been rather a wild colt at home and having developed a habit of running away had been so incorrigible that he had been sent up "up here." Run away from here? Oh, yes, boys sometimes did. For a little while at first things were so different and strange to them, most of them went through a period of homesickness; once through this all right and becoming habituated to the regularity in all their daily duties, and having found that things were not nearly so "bad" as they thought, most of the boys decided to stick it out and earn a parole as soon as possible.

Here was a bunch of new boys on the way to the quartermaster to be fitted out with their kit, uniforms, etc. I had noticed the arrival of one of these boys particularly as he had come in hand-cuffed to the transfer officer. I had mentally observed that he must be rather a bad young scamp. Here they were, however, going along, with the young cadet in charge, as docile as lambs, bent on the one purpose of getting rid of those "cits" and into something that would make them look and feel other than a "rookie" and I thought, "If your dadies could see you now." From the quartermaster they would go to the bath and thence to the hospital for a thorough going over by the physician. No contagion must be permitted to spread, and a temperature of 100° is certain to insure a berth in the hospital until all danger is passed. Samples of sputum are taken of each arrival, and forwarded by first mail, to the laboratories of the State Board of Health for analysis, suspicious cases are held at the hospital and all others sent to the receiving cottage, there to remain through the incubation period of two to three weeks before being permanently assigned to a cottage. A great deal is learned about the recruit, during this period, relative to his general disposition, temperament, intelligence and tastes which aid materially in his final assignments. He is

thoroughly examined by the School Superintendent and Disciplinarian and assigned to grade in school, industrial department and transferred to a family. My young guide told me that the Superintendent visited the receiving cottage frequently, talked to the boys about their various relations to the school work, explained what was expected of them and advised them how to adjust themselves and get the very best the school could give. Yes, the boys all felt free to talk to him most anytime and whenever they met.

I inquired about the family organization and was shown through a cottage. The twelve hundred boys are organized into seventeen families, assigned first according to age, and in a few cases according to the nature of their employment. A man and wife are in control of each family and live in the cottage. The family quarters consist of a large general purpose room, bath and toilet in the basement; large assembly or recreation room on the first floor and two dormitories above. A watchman is on duty in the cottage and near the dormitories throughout the night. The recreation room is equipped with a well selected library and many of the boys are subscribers to magazines. Each family has its representative military company and base ball team, and each new recruit soon learns that family loyalty is a virtue and that he will be much happier as a "booster" of the company and the team.

I learned further that each family holds its cottage Sunday School and that several of the employees assist the family officer in teaching. I estimated later that this would account for one officer in every five as a Sunday School teacher, in my opinion, a pretty good percentage. Compare it to your own church membership. A visiting priest ministers to the Catholic boys each Sunday morning, a Jewish teacher instructs his class, and the resident Chaplain holds chapel services for all.

I found that in the rear of each cottage is a large play ground and that baseball and horseshoe pitching are the prevailing outdoor sports. Yes, there is an annual Field Day for Athletics, each family being represented by a team; prizes are offered for the various events in the different classes. Enthusiasm runs high and it is a "great day." Another annual event is the Military Day when various companies contest for the honors.

I have learned since my visit that B. I. S. Regiment is considered one of the best drilled organizations in the country. The military training is on the schedule early in the day, before breakfast, an opening exercise from which only the physically unfit are exempt. School and work consume half a day each. A short period is given over to play at noon, and all are on the playgrounds from supper until sunset. Saturday afternoons are set aside for base ball; during the summer season, teams being brought in from neighboring towns and schools. During the winter season there is an entertainment of some kind in the chapel each week, lectures, concerts, entertainments from some lyceum bureau, picture shows and home talent productions.

I decided to visit the school. The young man took me to what they call the Ohio Village, where the boys thirteen years and under are quartered.

I had pictured the school as made up of "nuts" as folks on the outside think of these boys. I imagined the pupils would either be in an uproar of disorder or severely disciplined, with their mouths open and their eyes lusterless; but think of my surprise when I found the pupils alert, eyes bright, intense with interest and full of snap, the same freedom of expression as is found in the best public school, and better attention. And the work these little fellows were doing was a revelation to me! The reed, raphia and loom work was of the highest order. They were making

hand bags, sewing baskets, farm baskets and hammocks that were selling from 25¢ to \$2.00. Farm baskets and chair caning and large shawls that would do credit to experts. The grades were also doing the regular school work. These children attend school all day with intervals of play.

I supposed these were all the boys in school but my guide took me to the West Side Central School where I found several hundred more boys in school a half of each day.

The principal showed me the methods of grading, course of study and special work and again I was surprised, The character of the work required was of the highest type.

The principal then took me to the various grades to see the pupils in action. In one grade I found vocational arithmetic being taught that gripped the attention of all the pupils. They were calculating the cost to produce a pair of shoes, the cost of every article that entered into the construction of the shoe being given in large quantities. In another grade, the food value of milk was being discussed; in another, much interest was aroused over the subject of "Bluing" a material used in the laundry. I began to notice that many of the topics under discussion were upon those products that pertained to the various activities at the Boys' Industrial School. Seeing some text books in the room I asked the principal if they were used. "They are" he replied, "we do the regular text-book work and these subjects are given to show that there is a relation between school work and real life."

I was satisfied that there was life and interest and efficiency in the school work and expressed a desire to go on, but I was asked to visit the Commercial Department. I went and received the greatest surprise of all when I stepped into the room. A regular "beehive" for work. There are fifty boys in this department, twenty-five each half day.

Twelve typewriters were ringing under the rapid strokes of the pupils, some were taking dictation in shorthand and others were doing their work in Commercial Arithmetic. The following sentence was on the blackboard; "Behavior is a mirror in which every one shows his image." Upon inquiry I was told that it was their *topic* for their next lesson in English.

I have never in all my experience seen so much real work done in the school room. No suppression, oppression or restraint; on the other other hand cheerfulness, interest, eagerness and appreciation seemed to pervade the entire school. I left the school feeling that if there were any feeble-minded they would get what they needed for the work was so arranged that it was adapted to the capability and interest of the pupils. Here is a place where education has its connection with vocational training and vocational training such as a boy would meet in the pursuits in life.

I was next shown through various industrial departments, the paint shop, smithy, tailor shop, plumbing, and tin shops, bakery, laundry, shoe shop and printery. Each employed several boys, all busily engaged in the various occupations supplying the needs of the institution. No products are sold outside the school and I was informed that the boys here and there would be attending the school of letters in the afternoon, others taking their places at work. We visited the Manual Training and Wood Working Department. A large number of boys were here employed; some were engaged in mechanical and free-hand drawing, others at wood carving, a squad were at cabinet work and still others at plain carpentering.

Idleness was nowhere; wherever we went officers and boys were working together and there was a general air of industry. I had seen hundreds of boys and had not observed a frown of discontent. *In the green house they

were potting plants and propagating; in the garden attending the hot beds, plowing and preparing ground; everywhere there was "something doing."

A whistle blew and soon were to be seen squads marching from all directions to one of the center buildings and I was told that this was the "Detail"; that all assembled in the detail hall, families were formed and all went to their respective cottages to prepare for dinner.

I was advised I could be accommodated at the lunch hour and was an interested visitor in the boys' dining hall. The room is large, airy, well lighted and inviting. There were white linen table cloths and silver on all tables; the boy at the head of each table served and *they all talked*, at least I felt sure they did, it sounded very much like it. I observed mentally that it must take a pretty substantial bank account to provide for so large a family, and the food must have been satisfactory for all apparently went for the purpose it was intended. Here, at least, they were perfectly normal boys.

From lunch they went to their respective play grounds and for half an hour the happy voices of children at play could be heard in all directions. At one of the play grounds I met the Superintendent and we talked of what I had seen. "Well", he said, "you have been pretty well around but there are still some other things I wish to show you."

Inquiring how he accounted for so many boys being sent to the School he gave several reasons. Delinquency was, of course, the immediate cause of all commitments, But what leads all these boys to become delinquent? He believed the underlying causes could be traced in almost every case to home conditions. The most unfortunate and prevalent error of parents is their failure to cultivate in their children a taste for clean, wholesome amusement. Having brought the youngster into being they at once proceed to forget him.

The sole desire of all normal children is to be amused, and it is in their entertainment the parent is given his first golden opportunity to forever secure the affection and regard of his offspring and to direct his play into channels that will lay the foundation for his character to be. Too many boys miss this attention at home and necessarily shift for themselves and the result is usually disappointing. The parent has been either too busy or too lazy. In either case his influence is lost and the boy grows up to be a bully at home and a disturber at school. He is sure to be a delinquent. He grows to manhood and becomes a father. What hope has a child of such a parent of receiving correct attention during his susceptible age? The chances are against him. It will not require many generations of such training to extinguish the moral spark and crime follows.

Foreign laborers in large manufacturing centers usually live associated together for obvious reasons. They adhere to their old customs of speech and living. Their children however, compelled to attend our schools, progress, and soon the home fails to attract, the parental influence wanes and the result is often unfortunate.

Again there is that dangerous element, the feeble-minded cursed with a taint incurable, permitted by a disinterested public and woefully lax marriage laws to wed and produce their kind. Histories of many such families disclose a starting number of delinquents, paupers, and criminals, the prevalence of feeble-minded progeny, wards of the public, not only a menace to society, but the direct occasion of great expense to the State. Some of the offspring of such parentage find their way to the school and for these little improvement can be expected. It would seem that society owes to itself the segregation of all such to prevent their opportunity for reproduction.

Here the Superintendent observed that the boys were again at work and we would drive out to the orchards. I found that though not adapted to usual farming operation, the school farm offered unusual opportunities for fruit growing. Acres and acres were covered with healthy young peach and apple trees and a large force of boys were at work pruning and planting. It occurred to me that no occupation could be more wholesome and that without doubt many a boy would here "find himself."

We next visited the poultry yards and the boys here were enthusiasm itself. It appeared that the hens had made a record on this day and another hatch was coming off. I was informed that this department was providing for its own improvements and giving the School a nice profit. The energetic squealing from the pig lots nearby gave promise of future sausages.

Next we came to the dairy. The School owns an excellent herd of Holsteins and is justly proud of it. At the time of my visit the cement and concrete class was at work finishing the interior of a milk room nearby and I remarked to my companion that *every place everybody* seemed to be doing something. He laughingly replied that he would now introduce me to a bunch that were not working today, but were happy just the same.

This it seemed was the day on which boys paroled to go home were being fitted out in "Cits." He made it a point not to miss talking to them, to sort of give them a last word of cheer and advice. We met them at the office and they were as neat and attractive a bunch of boys as one would wish to see. They certainly did not impress me as being "lame ducks." They had done their stunt and were going home on the morrow. What it must mean to them! And what will be the result? From my impressions of the day I felt certain that their year or more at the School had

added much to their general equipment and that their friends must see in them great improvement.

It being my car time I was compelled to leave, well satisfied with one of the State's great institutions. I had not, indeed, run across my little friend but I felt that here Mike would finally have an opportunity to develop the very best in himself.

CHAPTER VII.

PASSING up High Street in the city of Columbus in the summer of 1916, my attention was called to a streamer reading as follows:

"One in every eight deaths in Columbus is caused from Tuberculosis. What are you doing to stay the hand of this disease?"

This is one of the many means of publicity and education inaugurated by the enterprising State Society for the Prevention of Tuberculosis.

In order to acquaint myself more thoroughly with the causes, care and prevention of this dread disease, I visited the Ohio State Sanatorium at Mt. Vernon.

This is the latest Institution to be founded by the state, and is devoted to the care of incipient cases of Pulmonary Tuberculosis. Almost 2,000 patients thus far have been instructed and treated.

It was opened in December 1909 with a capacity of one hundred and sixty beds. It represents the latest thought of the scientific and social workers of the state, and surely does credit as a beginning to the benevolent spirit of our citizenship.

This Institution is located about three miles northeast of the prosperous little city of Mt. Vernon almost 1200 ft. above the sea level, and on one of the highest points in the state.

The tract of land contains 350 acres, 180 of which are woodland. The rest is used for crops and pasture. In size and appearance, the buildings present more the appearance of a suburban resident section than that of a State Institution, but on entering it, it takes the air of the latter with this difference, that the patients appear to be in normal health.

I was surprised to note this for I had expected to see emaciated and sickly patients.

I had the pleasure of standing in the threshold of the dining room, and observing them while at their evening meal. Their physical condition indicated not only the excellent care which they receive, and the substantial food on which they subsist, but also the ability of the management to diagnose and select incipient cases.

Dr. S. A. Douglass is the Superintendent, having been connected with the Sanatorium since its opening serving one year as Assistant Superintendent under Dr. Clayton Conwell, and since that time as Superintendent.

He is young for such a great responsibility, but his interest, enthusiasm, and intelligence more than make up for lack of years, and everything about the Institution speaks for efficient management.

When I made known to him the purpose of my visit, he was at once interested and placed at my disposal all the information available on the subject of Tuberculosis, its care, prevention and treatment.

He said, "In fact, it is one of the fundamental purposes of founding this Institution that it may be a center for the collection and dissemination of information on this very subject. It is high time that the State of Ohio is taking an advanced position in this great work for 7000 of her citizens die each year from tuberculosis. Just think of it! A town the size of Mt. Vernon wiped off the map each year. The State of Pennsylvania expends nearly as much money in looking after tuberculosis as Ohio spends on all her twenty-one institutions. But Ohio has made a good start, and will do more. The State will eventually develop, in addition to the Educational propaganda now carried on, a system of state Tuberculosis Dispensaries, Sanatoria and Hospitals. The Sanatorium alone distributes in excess of

1000 pamphlets and booklets yearly on all phases of tuberculosis prevention.

"Ohio has a wide awake Society for the Prevention of Tuberculosis and it will doubtless be glad to know that all the Superintendents of the State Institutions and the State Board of Administration are to aid it in the education of the people on this and other diseases destructive of the human race.

"This disease is the most destructive and universal which afflicts mankind. Wherever human beings are congregated, there tuberculosis is to be found. The yearly mortality in the United States is in excess of 150,000. Throughout the whole world the number of deaths resulting daily from tuberculosis doubtless exceeds the number slaughtered in the great European wars. It is rightfully known as the great white plague, although it effects the black man as well, and even more so. One death in nine is due to tuberculosis. The deaths from it in the third decade of life are almost exactly one in three. Thus we see tuberculosis striking hardest at young manhood and womanhood."

I asked him for a general classification of tuberculosis cases in order that I might understand more fully where to place the emphasis in the preparation of this article.

"There are four recognized stages, as follows:

1. The incipient or beginning. About 20% of all the cases admitted to this Institution are in that stage, and of these 85% are soon so far restored to good health as to go back to their work.

2. Moderately advanced. About 65% of all cases admitted here belong to this group, and of these 40% recover, so as to return to their work.

3. Far advanced. Very little can be done for them, and they are not retained for the reason, as already stated, the Institution is intended for incipient cases; but they are

brought here for examination and are kept only long enough to instruct them in the means of preventing the spread of the disease to their families.

4. Acute cases of tuberculosis. They are practically hopeless. Very few of these cases find their way here even for examination because it is easily determined at their homes their true condition.

"The great difficulty in the arrest of tuberculosis in its earlier stage is that doctors are unable to diagnose it. Too much emphasis perhaps is laid by them upon the sputum (spit). If tuberculous germs are not found, the patient is considered to be free from the disease, and the treatment for other troubles is adopted, such as colds, bronchitis, influenza, la grippe, etc. Only about 30% of Incipient cases show a positive sputum.

"It is not an uncommon thing to find the absence of tuberculous germs in the sputum of the patient, but later on the disease bursts forth with all of its destructive power in the advanced stage. It is then too late and the patient dies.

"Therefore it is very important where there is not a clear diagnosis of any throat or lung trouble, that the patient be examined by an expert in tuberculosis."

I asked him concerning the beneficial effect of the change of climate to a higher and drier atmosphere. "That is often advisable, not that a great deal of emphasis is placed on climate itself, but because of the fact that the patient will obey orders away from home and under new conditions when he will not at home.

"Fresh pure air is always very important, but it can be had in Ohio as well as in Colorado or North Carolina. The only trouble is, as already stated, the patient will not adapt himself to new and necessary conditions while in his native environment.

"He has slept in a room with closed windows all of his life, and as long as he remains at home will likely continue to do so. He has eaten a certain quality of food which no longer nourishes, but he is used to it and likes it, and therefore will not break away from it unless his location is changed, and he is put in an entirely new environment. Much depends upon the physician, his ability to diagnose the condition early, and his ability to compel his patient to obey instructions.

"Tuberculous patients are most hopeful. They suffer no pain and always underestimate the gravity of their sickness, and daily report that they are improving. As the disease advances from bad to worse, their hope increases, and the evidences of their early recovery are abundant in their own minds. The physician must cope with this difficulty in securing obedience, and his work is the more difficult on account of it."

I asked him if tuberculosis is contagious, as people generally understand the meaning of that word, like the measles or small-pox. He said, "It is infectious, that is, it can be communicated to others when they come in contact with the germs from it. Sufferers from this disease, after they have begun to cough and expectorate, are liable to communicate it to others. The germs of the disease are conveyed in the spit (sputum) of the patient either in minute globules of moisture floating in the air immediately after it is coughed up, or by sputum collected by skirts and boots from the pavements or floors, or as dust after it has dried."

I told him that I could understand this because I know of a young woman marrying a man who later developed tuberculosis. There was none of it in her family, and she was a hardy woman; but after the death of her husband tuberculosis developed in her. She made her home with

her sister who was also a strong woman, but who evidently did not know how to take care of the disease. She also became infected, and both women died of tuberculosis.

I know also of a man almost a physical giant who cared for his wife afflicted with tuberculosis, and who contracted the disease. He went to Colorado and recovered from it. He returned to his old environment, slept in a closed room, worked hard on the farm, was exposed to the severe winter weather, and the disease returned taking him of in a hurry.

Dr. Douglass said, "That is an every day occurrence in every part of the state, and all because people do not know how to care for tuberculous cases, so as to prevent the caretakers from contracting it.

"Yet there is no legal quarantine against its spread. Measles, mumps, whooping cough, scarlet fever, and small-pox, all insignificant as compared with it are quarantined, but this, the most destructive of all diseases goes free and unrestrained. Its victims roam about, coughing, sneezing, spitting, and spreading within their zone countless bacilli, capable of infecting others.

"As long as this condition lasts, the disease will continue to spread, and as long as individuals suffering from it are allowed to remain at home without adequate instruction, supervision, and nursing care, there will be continued infection within the family, and others who closely attend it. If tuberculosis ever is to be eliminated, the problem must be attacked first in the home, just as yellow fever was limited to the single room, and the mosquito which carried its poison was forbidden to enter, or if by any chance got in, was destroyed before leaving. Once this fever was considered the most contagious and the most dangerous of all diseases. It is now extinct. This was brought about by so carefully guarding the patients that the poison could not be carried

by the mosquito to others, and therefore could not reproduce itself.

"If all the tuberculous patients in existence today could be so carefully restrained, and kept from mingling with others, and their tuberculous germs destroyed as fast as produced, the disease would end when the patients were gone. However under existing conditions the problems of child labor, city congestions, low wages, long hours, bad factory and home conditions must be solved before this can occur.

"People in charge must remember that the danger lies in the sputum, and never permit the patients to spit on the floor, or on any piece of furniture. They should require the patient while in the house to use a cuspidor or spit cup containing a disinfectant. It should be scalded out two or three times a day. Better still is a paper sputum cup which can be burned.

"When the patient is away from the house, he should carry a folding spit cup, and a supply of paper handkerchiefs on which to wipe the mouth. He should provide a paper bag into which he can put these handkerchiefs, and all should be burned.

"If cotton or linen handkerchiefs are used, the sputum will dry on them, and the germs be brought in contact with other people. The patient should not swallow the sputum for there is danger in reinfecting himself. He should always wash his hands, and clean his teeth and nails before eating for the same reason.

"He should occupy an outdoor room, well ventilated, open to the sun with no curtains, draperies, or carpets. He should sleep by himself, and the bed clothing should be washable, and washed often. He should sleep, winter and summer, with windows open, but screened against flies, mosquitoes, and other insects. It would be better for him

to sleep out doors entirely. He should use individual towels and toilet articles. No dust should be permitted to arise in the room, because it is a good distributor of tuberculous germs. The floors should be wiped up with a damp cloth or mop, and the water for cleaning should have four tablets of bichloride of mercury to the gallon. Bichloride of mercury is poison and should be carefully kept out of the children's reach.

"A man afflicted with tuberculosis should keep close shaven. Any one afflicted with tuberculosis should avoid kissing because by it the germs are easily transferred from one to another. Other precautions are as follows:

Avoid all consumptive cures.

Take no liquors or tobacco.

Do not wear chest protectors or tight corsets. They interfere with the free use of the lungs.

Keep the feet dry and warm.

Keep the skin active by taking a warm bath often.

Do not eat when fatigued, but take a rest before the meal, and then eat heartily.

Never exercise to exhaustion.

Clothes should not be sent to a public laundry until they are boiled thirty minutes.

"And speaking of fresh air, it is a well known fact that for centuries the Indians lived an outdoor life. They were generally a hardy race, and free from tuberculosis, but as civilization encroached upon their modes of living they copied from it, and lived more in sheltered places. The result has been wide spread of tuberculosis among them with a tendency to civilize them off the face of the earth. In nations where the living conditions are the poorest, with streets the narrowest, rooms the smallest, and ceiling the lowest (as in China), tuberculosis finds its most fertile field of operation. ❖

“It is true it comes to the rich and the poor alike, but in a much larger proportion to the poor. This is doubtless because of their inferior means of sanitation, their frequent lack of nourishing food, the crowded quarters in which they live, and their lack of knowledge as to the dangers of living under such conditions. To these reasons also should be added, the working conditions that many laborers are compelled to endure, to close confinement of their families, especially the wife, to the narrow limits of their home, and the lack of expert medical advice which the more wealthy can afford.”

I asked Dr. Douglass if tuberculosis is hereditary. “No, that is, the tubercular germs are not transmitted from parent to child, but the tendency to tuberculosis is, and the child of a tuberculous family is always in danger of tuberculosis resulting from impaired physical condition, a run down system, and constant exposure in an infected environment.

“There are sufficient tubercular germs in all of us to overwhelm us in the hour of weakened physical condition. Tuberculosis may be in the system throughout life, but lie dormant awaiting for the condition to be right for an attack. If these conditions never arise, the germs remain inactive.

“It therefore behooves one in whose family tuberculosis is common to keep an eye on his physical condition, taking plenty of exercise, eating good food, and breathing night and day, pure air, avoiding hardships, overwork, and worry, keeping sweet, happy, and full of resisting energy.

“Many people think that tuberculosis is directly inherited because it often makes its appearance in several members of the family, but that is not the reason, for, as already stated, it is an infectious disease that is capable of being communicated through germs from one person to another.

When a parent has tuberculosis these germs are often communicated in handling their children.

"The children may have sufficient resistance to ward off the disease while growing and until young manhood or womanhood. We often see a whole family of children taken one at time at that period of life. Had parents or others of the family been separated from these children as soon as tuberculosis made its appearance, the germs would not have been communicated, and their lives would have been spared from their attacks.

"In the cases you have mentioned of the strong woman nursing a tuberculous husband, becoming infected, and then infecting her sister, and the sturdy man being infected from a tuberculous wife illustrate the point."

I asked him to mention some of the dangers of undermining the health so far as to encourage tubercular germs to rise in their might, and make the attack.

"Anything which lessens the resistance, such as the drinking of intoxicants with resultant exposure which usually goes with it should be avoided. As long as the liquor has control of the system there is no danger; but when the stimulation has died away, and the body is weakened and depressed, there is danger. If this condition exists often, or for a long time, there is great danger to those who have a tendency to tuberculosis.

"Venereal disease is another wicked source of lessening the resistance. Exposure and continual fatigue should be carefully guarded against.

"In fact, as already stated, the service of all of our intelligence, education, information, and good judgment should be constantly on guard to keep our physical condition in the best state of preparedness."

“Doctor, there is just one more question which doubtless I should have asked earlier. What are the early symptoms of consumption?”

“Generally a dry cough, gradual loss of weight, loss of strength, slight fever in the afternoons, and a general run down condition. Sometimes there is spitting of blood, and this sign always sends the sufferer to a doctor. He should have gone before, but as you know it often takes an optical demonstration to excite most people.

“Sometimes the patient thinks he has stomach trouble, malaria, bronchitis or catarrh when, in fact, he has incipient tuberculosis.

“I can not insist too strongly on people whose physical condition has departed from normal to see a good doctor, one who knows his business, who will take an interest, and who will give the patient careful study, observation and repeated examinations.

“After an examination should he say that tuberculosis is present, it is no time to surrender; but a time for courage and wisdom, for under favorable conditions a large percent of incipient cases of tuberculosis recover.

“Any one needing further information on this subject should write to the Ohio State Sanatorium. It will be glad to furnish it free of all charges. It desires to render all of the assistance it can, and is at the service of every citizen in the state.”

CHAPTER VIII

THERE are eight Hospitals for the Insane in Ohio located in the following cities: Columbus, Cleveland, Cincinnati, Dayton, Toledo, Massillon, Athens, and Lima.

On an average there are 13,000 patients treated at these hospitals every year at a cost of \$2,000,000.00. Besides the state has invested in lands, buildings, and equipment for caring for the insane \$13,569,812.73. This enormous investment and this outlay annually for expenses of maintaining these hospitals ought to interest the taxpayers to investigate the causes of insanity and if possible remove them. But our reason for attempting to educate the people on this and kindred subjects is not economic, but social. In this story we are not interested in the expense account.

The question that interests us most is the cause of insanity and how it may be prevented; what part of it is the result of heredity, and what part the result of disease.

I went first to Massillon for the purpose of gaining all the information I could on the above questions from Dr. H. C. Eyman, Superintendent of the Massillon State Hospital.

Dr. Eyman has spent thirty-two years in this work, being for a long time physician at the Athens State Hospital and assistant superintendent at the Toledo State Hospital, and for eight years Superintendent at the Cleveland State Hospital.

When the time came to erect a new Institution for the Insane in the eastern part of the state, he was selected with Dr. A. B. Richardson for that work. Largely to their genius and ability, one of the most complete, attractive, and up-to-date Hospitals is due.

It is located on the terrace and crest of a hill about a mile out of Massillon, and overlooks one of the most beautiful pieces of scenery of hills and valleys in the state.

Dr. Eyman has served as Superintendent of that hospital since 1899, has taken a very active part in the profession of neurology, and out of his field of experience can speak with authority on any question pertaining to insanity.

He is justly proud of the Institution which he helped to erect, and over which he presides. He took great pleasure in showing me through it before he would permit me to engage him in a discussion of the question in which I was interested. Nor did I object to being shown because his enthusiasm spreads to all people with whom he comes in contact, and soon had me as deeply interested as he was himself.

I spent the night there. After our return from an automobile ride over that beautiful country, and had partaken of the evening meal, the center of which was roast duck reared on the Institution farm, he gave me a chair by a table, and told me he was now ready to answer any questions as far as he was able that I might wish to ask him concerning insanity.

I told him that I should be very glad to know the main causes of insanity; and to have his suggestions as to how it may be prevented.

"The two overwhelming factors," he said, "are heredity and dissipation, the latter including intemperance in drinks or drugs, and venereal disease. If these two great causes could be removed, insanity would be rare indeed. It is true that insanity is not directly inherited, yet the tendency to it is inherited.

"Insanity is not an entity; that is, not any particular thing. It is a manifestation of a diseased or disturbed brain, and it is only when these manifestations become so marked

as to endanger the family and society, that the one so afflicted is called before the Probate Court for an examination.

“There are many persons at large with diseased minds who have not reached the stage requiring public care. They are in a sense insane, but not to the degree that they may be later on.

“The border line of insanity is very obscure and has never been established. The progress of the case is so very gradual that it is not unlike the development of the baby’s brain. There is a time when the baby does not recognize its mother, but after a while it does, yet the mother can not tell when the transition from not knowing to knowing took place. Neither have we any clear cut line drawn between sanity and insanity, except such as the Courts establish in individual cases.

“In this work they are, of course, aided by expert medical advice, but even this is irregular, and far from exact. If it appears for the public good and that of the individual, he is adjudged insane, and sent to a hospital for care and treatment.

“Certain unusual traits are quite well known in most communities, but not seriously regarded until the dangerous stage is reached.

“These are the melancholy who are depressed in spirits, and who can give no cause for their trouble; the paroniacs who are suspicious, egotistic, revengful, and under certain conditions altogether dangerous; and there are other people who are subject to great fits of anger, changeable in their disposition and attitude toward even their friends, and who we often say ‘have spells.’

“These all live near the border line, and are liable by some overt act to step over at any time, and be classed with the insane. We all know that a number of these people are tramping the streets of every large city, and that they will

go unmolested until attention is called to them by some horrible tragedy, such as the murder of a Garfield, or a McKinley.

"Many of these people are useful citizens most of the time, and are not even suspected of delusions; but the time is liable to come when their condition will grow worse, and they are then sent to a State hospital.

"Men of genius, because of their finer moulds of brain, are mostly very sensitive and emotional. When their physical condition is at low state by overwork, or for other reasons, they are subject to great depressions of mind; but when the clouds have passed away, and their physical condition is at par, their minds may go to the other extreme, and they will live on the mountain peaks. In either extreme, they may be near the border line."

I suggested that I had often observed these characteristics in people with whom I had been associated, and especially had I observed them in the writing of some of our best authors, but had never thought of them as being in danger of insanity.

I asked if such people have any warnings of approaching danger. "A great many persons feel that something is wrong, they have a sense of impending danger, in a vague uncertain way they realize the insecurity of the future. Like the mariner on the quiet waters a short distance above Niagara, there is a fleeting feeling of uncertainty, and an apprehension which he can not explain. The dim foreboding of coming evil frets and worries him, and yet he does not see the awful chasm almost beneath his feet.

"And it is not these persons only who live so close to this border line. The professional man, who drives his fagged brain to greater efforts by the use of drugs and stimulants; the business man who carries his business and business troubles to his home, to his bed, who dines with his worries

and anxieties; these people are making straight toward this dire line, and some day without previous warning, they will realize that 'there hath passed a glory from this earth.' They will be on the other side of this border line. I am not an alarmist, but I would that every professional and business man, who so abuses himself might be warned in time to check his course in this direction, for he may be closer to danger than he thinks.

"But to turn to hereditary causes. I had at one time three generations under my care, the grandmother, mother, and the son. The grandmother had been a woman of considerable force of character, but by reason of dissipation in various forms had a mental breakdown, and was sent into the hospital.

"The daughter had inherited the mother's weakness, and became insane at an early age. She became the mother of a son who was an imbecile so stunted in body that he was absolutely powerless to reproduce his kind.

"If left to themselves, this class of defectives would soon be eliminated through the law of the survival of the fittest. It would not take them more than three or four generations to become impotent; but unfortunately these children of subnormal parents frequently marry persons of stronger heritage, and so the taint is carried farther and farther along the line of decent, reproducing itself and preventing extinction.

"At another time, three sisters were brought to the hospital at the same time. Two of these were afflicted with what we call imitative insanity due to the tendency which seems to be inherent in our race to ape those around us.

"One sister became insane with delusions which were constantly manifested, and the other two became unbalanced because of the association with her. This shows the family tendency.

“They were all placed in different departments, and the latter two were soon restored to good health. The third remained in the hospital for several months, and finally made a complete recovery.

“It is, indeed, a usual condition to have two members of one family as patients, and it is not an uncommon thing to have other relatives. This indicates also that insanity may be a family trait or tendency.

“The actual percentage of hereditary cases can not be accurately determined, because of the difficulties in obtaining a truthful family history, and also because of the large number of persons with diseased minds who have not been brought to the public notice, and therefore not properly classified.

“Frequently when relatives are asked concerning the existence of mental trouble in the family, the answer is very positive in the negative; but upon a close inquiry, it is learned that the mother, father, or some other member of the family had at some time been confined in a Hospital for the Insane, the family insisting that it was a case of nervous *prostration*, *insomnia*, or some term preferable to insanity”.

I was very much interested in the doctor's discussion, because as we passed through various wards he had pointed out to me similar cases.

I could not help but feel a sense of sadness to see so many people in apparently good physical condition, and many of them as far as I could see entirely rational in mind, shut up in these cottages, as beautiful and well equipped as they are for the comfort of these patients. The fact that the patients appeared to be generally happy, busy, and enjoying themselves did not lessen my feeling of depression.

I longed to know what could be done to prevent the disease which had brought these people under state care.

It would surely be a wonderful blessing if the public could be so well instructed and educated, as to make the possibilities of such a great calamity as insanity almost impossible; so I asked the doctor for a remedy. Is eugenic marriage the answer?

He promptly replied, "No. The answer is not eugenic marriage. The question of eugenics is a large and important one, though up to the present time it has not been legally worked out satisfactorily. The law can do much, but it can not control unknown and obscure conditions.

"The law should be preceded by a long period of education of all the people, and then when the people are so wise, as to be carefully interested, the intervention of the law might not be necessary.

"Solomon said, 'In all thy getting, get wisdom,' and if the people were all wise, an interest in the preservation of their offspring would be a sufficient stimulus to make them investigate thoroughly before taking life partners. Without this wisdom, young people, normal in body, mind, and character both from inheritance and practice are often hopelessly wedded to one filled with disease and dangerous tendencies. I can give you a good illustration.

"In the days of Horace Greeley when he sent foundlings from New York City out West to be placed in homes, a brother and sister were placed in an excellent family, and brought up under the best of influences. They were very brilliant children, passed through the Public Schools, graduated with honors from the High School, College, and from a Medical College. They were attractive young people, and appealed to others as desirable in every way.

"The sister soon, however, developed a passion for men, and became insane on the subject. The brother married, but like his sister soon developed traits of insanity, and the family which he started with such brilliant prospects was

soon found to be impossible for in a fit of jealous insanity he killed his wife.

“No effort was made to look into their family history. In fact, it would have been impossible to do so. But doubtless their breeding would indicate a tendency to insanity.

“People often marry in haste, and begin their investigations after it is too late.

“A poor boy became an employe of a very wealthy railroad man in the far west. He fell in love with his employer's daughter, and she with him. The young man had graduated from college, and had made good in every sense of the word, and had the full confidence of the father of his sweetheart; yet he hesitated to offer himself as a son-in-law to this man of wealth for he was without financial means. When he finally did make their intentions known to the girl's father, he emphasized the fact that he was poor.

“The wise old millionaire looked at him for a moment, and said, ‘I care nothing for your poverty. My daughter has an abundance of money, and will have more, if she takes care of it. What I want to know about you, since you desire to marry my daughter is, are you morally and physically clean, and have you come from a family of such people? Are you willing to submit to an investigation, and even the Wassermann test to determine whether your blood is free from the germs of loathsome diseases?’

“The young man said, that he would be only too glad to satisfy him and his daughter in all of these matters, and when the tests were completed, the wise old father felt that his daughter had for her husband a real man.

“If all people who desire to marry would so carefully emphasize the real things which are worth while, and which are truly passed on from generation to generation, hospitals for the insane would be rare.

“Usually the first question asked the world over when a young woman’s engagement is announced is, ‘Does the fiance have means, and how much?’ Both parents and friends are interested in his financial prospects.

“We all know it is desirable to have money if honestly obtained and properly used, but it should never be taken into consideration in comparison with character, health, industry, and brains. These are the important things.

“He who has money today may lose it tomorrow, and he who has none today may have it tomorrow. There is an old adage, that it is only three generations from broadcloth to shirt sleeves, and three generations more from shirt sleeves to broadcloth again. Character, health, industry, and brains are passed on through generations, unless perchance through an unwise selection of a life partner the blood producing these may be contaminated.”

I was much pleased with the doctor’s sincerity in presenting this important phase of our life, because he spoke so earnestly.

A long experience in observing these things had filled him with an irrepressible desire to make known to the world at large the dangers to coming generations of the tainted blood in the present.

He seemed to long for the day when every family should be clean and pure, when hospitals and asylums for the insane and feeble-minded should practically disappear from the earth.

We now turned to a discussion of other causes of insanity to which he had referred, namely, alcohol, opiates, and venereal disease. “What per cent of insane persons are made so from the use of alcohol?” I asked. “About twenty per cent is generally accepted by the neurologists in charge of Hospitals for the Insane; yet I doubt not that a

great many more people who become insane are made so indirectly by alcohol.

"For instance, an innocent young man from the rural community visits relatives in a city, or goes to the city for other reasons, and falls in with young men who want to 'show him.' They propose a trip to a well known street to see the girls who live there. The young man promptly refuses. He says, 'Never. My father has posted me on what is liable to happen to any one who visits such places.' His friends respect his feelings in this matter, and suggest that they go in and have some soft drinks. He did not want to play the baby on every proposition, and he goes with them. By and by they take stronger drinks. He begins to feel heroic, and is easily convinced that his father belonged to the old school, that things have changed, and he is now ready to accompany them to the place first proposed. His blood becomes contaminated. He is in great mental distress. He goes to a physician who treats him, and tells him that there is no permanent cure. His health is undermined.

"In the course of ten or fifteen years, he becomes insane and is sent into a hospital. In the medical examination, the determining cause is marked *syphilis*. Alcohol does not appear in the record, but it was alcohol as a primary cause which made him disregard the instruction of his father, set aside his own good resolution, and expose himself to the worst of all diseases.

"Again, a married woman is brought into the hospital. Under careful treatment and rest her mind is restored to normal conditions, her health is improved and she is ready to go back to her family. The records show that the insanity is a result of a nervous breakdown. The Superintendent desires to investigate further before she leaves for home. She tells him that when she was a young girl, she fell in love with Mike. He was a moderate drinker, but she thought

she could reform him after they were married, and so she accepted him. But he persisted in his bad habit.

"When the first child was born, he promised to give drink up, but did not keep his promise. The second and third child came. Mike's drinking grew worse and worse. He lost his position, was unable to work, and it devolved upon her to make the living.

"She remained constantly at home, because she was ashamed to go anywhere. She worried and worked, and worked and worried. Her appetite left her, and she could not sleep. Her mind became unbalanced, and she was sent into the hospital.

"Alcohol does not appear in the record as one of the causes, but it is the real primary cause of her insanity. Had Mike been a good clean man, supported his family, clothed his wife, accompanied her to places of amusement and entertainment, had been her companion at church, and helped her to bring up the children as a good and interested father should, she would never have been in an insane hospital. Mike would do none of these things. He yielded to alcohol, and could not break its chains.

"A young man recovers from temporary insanity. Before leaving the Superintendent calls him into his office, and asks about what he had been doing that brought on his trouble. He wanted to advise him so he would not have to be sent back to the hospital.

"Without hesitation he explained that he had gone into town one day, and imbibed too freely of intoxicating liquors. On his way home he fell off his horse, and lay all night in a fence corner. Alcohol died in him before he awoke and he caught a terrible cold. He was unable to recover entirely and his head was never without pain. By and by he could not think clearly, and was sent into the hospital.

“Alcohol does not appear as a cause, yet had he come home in normal conditions, he would not have fallen off his horse, nor slept on the ground all night, nor taken such a cold, nor been adjudged insane.

“It is quite well established that fifteen to twenty per cent of the cases of insanity are results of syphilis. Some authorities place it even higher, because, like alcohol, it is responsible for a great many cases where it does not appear in a court record.

“Before science established reliable means of accounting for this disease in the blood, it was not known to be such a predominating factor, and therefore has not been given credit for all the devilment that it has done in sending people to insane hospitals.

“The more thorough the investigation, the more the finger of condemnation points to it. It takes a long time for its infection to develop. It may lie apparently dormant in the system ten to fifteen years, and then awake to do its work.

“A young man often feels that he has recovered from such sins, when by and by ugly manifestations begin to appear. He rushes to a doctor, and finds that he is just now beginning to reap the harvest of what he thought was heroic and secret sinning. But ‘murder will out,’ and nature has so established it that they who violate this sacred law will pay the penalty.

“Depressed spirits, a broken body filled with disease, a shattered nervous system follows, and the road is short and sure to a hospital for the insane, unless the victim is intercepted by death on the way.

“The results are the same for the woman as for the man, but I have used the latter for convenience.

“Self-abuse is a factor in leading to insanity, but often a symptom of insanity rather than a cause. It shows a

morbid condition of the mind with a weakened will power, and a disposition to yield to the animal of our nature rather than to exalt the spiritual. Boys should be very carefully instructed against such a dangerous tendency."

I asked Dr. Eyman as to the old belief that a larger per cent of the people afflicted with insanity were women on the farms. He replied, "Not now. Perhaps that was once true when a much larger population lived in the rural districts, and the women were overburdened with hard work, and much worry by reason of the intemperance and abuse of their husbands. They were compelled to remain at home and live a very narrow life.

"The women of today even in the country districts have their freedom; the magazines, the daily newspapers, the railroad, traction lines, and automobile, to say nothing of the telephone, bring them in touch with the whole world. They are better educated, dress better, and have more enjoyment than the women of fifty years ago.

"At present, there is a larger percentage of insane people from the cities, and a larger percent of men than of women which may be accounted for in the causes already given, intemperance and venereal disease."

I asked the Doctor what conditions of life people should seek to lessen insanity. He replied, "They have already been indicated in the causes. I would recommend moderation and temperance above all things with a reasonable amount of work, recreation, and entertainment; to read good literature; to think kindly and charitably toward the things that would disturb; to assist the weak and the downtrodden and help to restore them to their rightful place in life, and in fact, to live the kind of a life that common sense would teach one to live."

"Briefly, doctor, what has beenst done within your profes-

sional life to reform and improve the administration and care of the insane in the hospitals?'"

"We are proud to say that the last thirty years have witnessed pronounced and substantial advancement. The crib, the camisole, the muff, the strait jacket, straps, buckles, and other means of restraint formerly in use are now out of service, and are kept around Hospitals for the Insane merely as a relic to indicate the progress in humane treatment which has been made. The massive three and four-story buildings which were once thought to be the acme of perfection in restraining patients, and which were erected at vast expenditure of money, are giving way to the one and two-story cottages. The Superintendents have come to believe with Ingersoll in the 'restraining influence of liberty,' and the old maxim, 'The only safe lunatic is a restrained lunatic,' has no friends.

"Suitable employment, recreation, music, and all kinds of pleasant and proper diversions have been substituted for physical restraint. Insane persons are treated exactly like sane persons, and those in charge of the former are 'looking through the lunatic to see the man rather than looking through the man to see the lunatic'. A mechanical restraint is used only as a last resort, and that happens so rarely as to be negligible. We have learned that other and better means appeal to nearly all of the insane, and when I fail to find a substitute for mechanical restraint, I feel the limitations of my resourcefulness."

One could not help being pleased to note these changes for the better, and to be thankful for the law of love. I had seen many evidences of it in passing through the cottages. Could there be a better way? I wondered, and with a certain amount of trepidation I inquired if we had now reached the highest and best way of caring for the insane.

"Not at all," he promptly replied. "There are yet visions pointing in the direction of the ideal, and I shall refer you to an address I delivered before the American Medico-Psychological Association, Sixty-Second Annual Meeting, Boston, Mass., June, 1906.

I read this address and found it most interesting and instructive. I am sorry that there is not room to produce it here; but it is out of the line of our investigations and we must hurry on.

CHAPTER IX

FOR lack of time I was unable to make a visit to the Cleveland State Hospital, one of the largest and oldest in the state. Upon request, however, its young and vigorous Superintendent, Dr. Arthur G. Hyde, prepared and sent to me the following able discussion on "The Causes of Mental Diseases."

He has been a special student of this subject while acting as Assistant Superintendent in special charge of the insane. Upon the transfer of Dr. Charles H. Clarke from this Hospital to the new Hospital for the Criminal Insane at Lima, Dr. Hyde was promoted to the Superintendency. He therefore speaks with the vigor of the new and up to date student in the following interesting article:

"Taking up the causes of insanity I think it proper to classify them under two headings: first, predisposing; second, contributing.

"Under the first must necessarily be placed heredity, syphilis, alcohol, drugs and traumatism. The second, or contributing causes are many. Almost any of the disturbing elements may precipitate an attack and more especially in the presence of any of the factors in the first group. Among the more important may be mentioned the infectious diseases, autointoxications, pregnancy, and the emotional states such as fright, grief, worry and domestic troubles. Few, if any, of us go through life without encountering some of these; while, however, the strong are immune, the susceptible or weak are liable to suffer.

"Heredity: An inherited predisposition to mental disease is found in from forty to eighty per cent of cases according to different authorities. Hospital records show us that it plays a most important part as a cause of insanity. Our nervous system, like any other system of the body, bears

the stamp of our ancestors upon it. If our parents or grandparents have had an unstable nervous system, the tendency is that we shall be unstable in the same direction.

"Degeneracy in the parent may be evidenced by insanity of all kinds, epilepsy, alcoholism, and the like, and the presence of any such element of degeneracy in the parent is apt to engender in the offspring similar defects, or a state of general instability. On the other hand the children of such a parent may be apparently healthy, but in turn their offspring may exhibit symptoms of mental disorder. In dealing with the subject of heredity, however, we must not forget that our ideas are of necessity largely founded upon theories, as biological science has not yet revealed a sufficient number of facts to make it possible for us to tell just how much, in any case, must be attributed to hereditary influences and how much to the influences of environment. The fact that heredity plays a part in the causation of insanity, should create a public conscience regarding marriage. Marriages should not be contracted by two persons who have insanity or feeble-mindedness in their immediate families, without first seeking the advice of a competent physician.

"Alcohol: Alcohol stands in the first rank as a factor in the productions of insanity. It is the concensus of opinion among alienists that alcohol is a direct and unmistakable cause of insanity in a large number of cases. Statistics show that thirty per cent of men and ten per cent of women admitted to hospitals for the insane are suffering from conditions due to alcohol. During the last biennial period thirty-one per cent of the cases of men and nine per cent of women admitted to the Cleveland State Hospital were suffering from troubles due to this poison. New York statistics for 1910 showed that twenty-eight per cent of the insane under care owed their insanity to alcohol^a as the determining cause. In

the individual, alcohol acts as a direct poison, and sooner or later leads to impairment of the mental faculties, or maybe definite brain disorder. Further, in the families of alcoholic parents, nervous disorders of all kinds appear; the child may be imbecile from birth, or may early develop epilepsy, and in time may help to swell the already large number of insane. The fate of an individual is probably largely decided by his inherited tendencies. Alcohol attacks the weakest system of the organism. If the nervous system is unstable, it will be early affected. Alcohol not only lowers the powers of resistance of the organism to certain diseases, but it seriously complicates almost every malady. It is an important factor in the causation of general paralysis of the insane and arteriosclerotic degeneration leading to dementia. To sum up: we find that alcohol is so far reaching in its results that in the individual we find a progressive tendency to mental and bodily deterioration and a lowered resistance to disease; in the offspring, a proneness to idiocy, epilepsy, and criminality; and in the race a higher disease rate, a higher mortality rate, and a lower birth rate.

“Syphilis: This disease is second only to alcohol as a cause of insanity. It is probably one of the most potent factors in the production of all degrees of congenital feeble-mindedness, and by most physicians it is recognized as the sole cause of general paralysis, locomotor ataxia, cerebrospinal disease, and as a contributing factor in the development of many other organic conditions. Statistics show that from fifteen to twenty per cent of our State hospital admissions are due to this disease. The records of the Cleveland State Hospital for the year 1915 show that fifteen per cent of the admissions were suffering with general paralysis. As stated above, we now recognize syphilis as the sole cause of this disease which undoubtedly is one of the most dreadful forms of insanity that we are called upon to care

for and it is incurable by any means known to the medical profession at the present time.

"The organic changes of the brain with the accompanying mental symptoms do not usually begin until from ten to fifteen years after the original infection. So that an indiscretion of youth, probably long since forgotten, may be the cause in after years of cutting a man off at the height of his career. Thus, it will be seen if we could eliminate the two causes, alcohol and syphilis, we would diminish the annual commitments to our state hospitals by about forty per cent. If one stops and considers for a moment what a large percentage of the inmates of our state hospitals, infirmaries, and feeble-minded institutions are syphilitic as a result either of acquired or of hereditary syphilitic disease, one may form some estimate of the cost to the state for the upkeep of these hopeless victims.

"Drugs, and the habit of drug taking, are a cause of insanity and are a public danger. When once the habit has been formed, it is practically outside the limits of human power to overcome it. The victims are usually the cultured, the artistic, and the best brain workers of the community.

"Traumatism: Traumatism or head injury plays but a small part as a cause of insanity. Direct injuries to the head, such as bullet wounds and fractures, may be the immediate cause of mental trouble, while more indirect injuries, such as concussion from falls transmitted through the spine, may also be the starting point of mental trouble. Covering a period of five years with over 2800 admissions to the Cleveland State Hospital, not more than two per cent could be traced to this cause. The relatives are prone to lay much stress upon this factor, and there is scarcely an admission but sooner or later we get a history of injury from some relative or friend quite sure that it has some important bearing upon the cause.

“Under the second division or contributing causes, it is not generally understood that many cases of insanity follow the infectious diseases. Typhoid fever, pneumonia, influenza, head the list of acute fevers which superinduce insanity. Disturbances of nutrition, high fever, and toxic changes in the blood are responsible for the symptoms developed. Debilitating influences may develop from disease or from any one of the multitude of mental or bodily vicissitudes, and either co-operate with other active causes, or depress the mental stability below normal. In this way a hemorrhage however induced may cause a derangement of the mind. Enfeeblement in any form may predispose to insanity. Pregnancy and lactation reduce the vitality of women thereby weakening their nervous systems to such an extent that we have many cases of mental trouble developing, especially in women with unstable nervous systems following the strain of this period. Autointoxication is a cause that is being more appreciated than formerly. Every year brings more convincing evidence of the importance of recognizing that autotoxins derived from the alimentary tract play no small part in the production of insanity. Constipation is not only a common symptom in the insane, but it is the rule rather than the exception to find a history of prolonged constipation before the mental trouble supervened.

“Physiological events precipitate insanity, especially in predisposed persons. Senility, puberty, and the climacteric are instances; the periods lending characteristics more or less to the different kinds of insanity induced. Middle life is the time when there is the greatest liability to insanity, because exciting causes are most frequent during those years of major activity. Stresses of various kinds, mental or physical, induce an exhaustion upon the basis of which mental trouble may develop. The mental strain may be from over-

work, overstudy, loss of sleep, and the like; the physical from masturbation, sexual excesses, and hardships. Overwork is a cause which must be received with caution. No doubt some individuals, from necessity or choice, spend their days in steady work. In predisposed persons this may result in a mental breakdown. About twenty per cent of all cases of insanity are ascribed to moral causes, among which are classed domestic troubles, grief over death of friends, business worries, anger, religious excitement, love affairs, fright and nervous shock. The percentage is greater in women than in men. There are no factors so prone to produce insanity as worry and constant anxiety. Domestic troubles perhaps fall more heavily upon women, whereas financial difficulties and pecuniary losses chiefly affect the male sex.

“Certain occupations seem more favorable for the development of mental diseases than others, and especially highly speculative businesses. Successful work, so long as it is not too successful, seldom leads to mental disorder; but unsuccessful work shows a very different record.

“The question of education and its relationship to insanity has received considerable attention. In educating a child we must remember that the mind and body should be developed together. Wise education where this plan is followed, developed together, but neither at the expense of the other, is undoubtedly one of the best preventatives of insanity.

“As will be recognized, the causes of insanity are many and varied, and it has been our wish only to mention those that are met with most frequently. Insanity is no longer a disgrace to be concealed, but is recognized as a disease to be attacked with the same rational procedures as any other disease.”

CHAPTER X

THE Toledo State Hospital, founded in 1883, is located in the suburbs of the city of Toledo on a farm containing 583 acres of good rich land. Ninety-seven acres of this are used for the building and campus.

This is the first Hospital for the care of the Insane to be built in this country on the cottage plan.

The idea of such plan was originated by General R. Brinkerhoff of Mansfield, Ohio, for many years an able member of the State Board of Charities and Corrections. In this enterprise, he was ably assisted by Ex-Governor Charles Foster who became a member of the Board of Trustees after the Hospital was founded, and rendered valuable assistance in its development.

So successful has this plan been in giving proper care to the insane that it has been copied in many parts of the world.

At present there are twenty-six cottages and twenty other buildings located in the form of a parallelogram in a beautiful maple and elm grove ornamented here and there with shrubbery and beds of flowers. A well-kept lawn surrounds these buildings on all sides and is perhaps the most extensive and attractive one in the state of Ohio.

The hospital is located on Detroit Ave., which was the military trail of General W. H. Harrison between Detroit, Michigan, and Fort Wayne, Indiana. It was also the old Indian trail for many centuries and General Wayne passed this way in pursuit of the savages.

Dr. George R. Love is the Superintendent, having been connected with the hospital almost continuously since his graduation from medical college.

For six years he was Assistant Superintendent in which position he got most excellent training from his chief, Dr. H. A. Tobey. Ten years ago he was elected Superintendent, and has continued in that position since.

I spent the day with him and was much pleased with the excellent condition in which all the buildings and grounds are kept and the care which the patients receive. In fact, a casual visitor passing that way would take the Institution for an aristocratic suburban resident district.

Dr. Love was much interested in our effort to educate the people on this most important subject, the causes and prevention of insanity, and gladly discussed them for me after the following manner:

"Fully 50% of mental disorders are inherited. The immediate ancestors need not necessarily be insane, but they may transmit to their offspring certain nervous tendencies which under adverse conditions may bring about insanity.

"Some so constituted may become addicted to the use of alcohol, others become victims of the depravity of the street, and still others may fall victims of the social evil. To these also should be added criminals, tramps, beggars, and impostors.

"When by reason of becoming so vicious in any of these particulars as to differentiate clearly between them and the normal person they are said to be insane. But when a separation is less marked they pass through the world unloved, unpitied, friendless, and often in poverty with always a possibility of the poorhouse, the jail, or even the electric chair before them.

"One of the greatest problems facing the social workers of today is, How can we prevent the production of defective and neurotic human beings? Shall we go to the marriage courts, or shall we render the individual incapable of reproducing his kind? At the present time, we are devoting our

energies to the care of these people. This, of course, is right and proper, but it is not enough. We should find the cause and if possible remove it. Until we do this, we must continually face the expense of caring for larger and larger numbers.

"Law makers should recognize the universal law of heredity, and the people should be educated to support them in any reasonable legal restraints which may be thrown around the marriage of people whose offspring are bound to be public charges.

"The mentally enfeebled patients of our hospitals are the end products of sin which lie far back of where our work now reaches. The insane hospitals take charge of the individuals after the harm has already been done, and we are expected to cure them. These defectives should never have been born, because it is largely from this class that our population is recruited, and I am sorry to say it is increasing from year to year.

"The perfectly normal person, unless he has some accident or severe illness or infection never becomes insane. So it is very easy to see that insane people, to a large extent must have some defective, undefined element in their nervous organization as the basis for their insanity.

"I believe there should be a Commission of competent men and woman appointed in every state to study this great problem, and devise means to eliminate the sources from which our insane and defective classes spring. Some day the problem must be solved; but it is very difficult to arouse the public to its perils and duties in this particular.

"Again, you ask me if there are any other forms of preventable nervous disease. Yes. It is a very sad thing to contemplate that at least 30% of insanity is preventable. About 15% or more is brought about directly by the excessive use of alcohol and the various drug habits. Fully 15%

can be traced directly to that awful scourge of civilization known as syphilis. This disease not only works havoc with the individual, but can be transmitted to the next generation. It is bad enough for the individual to be infected with syphilis, but to pass it on to the new-born child is terrible.

"Ohio has about 13,000 insane people. Deduct thirty per cent from this and estimate for yourself the number that should have been prevented by the right kind of habits and normal way of living. A syphilitic prostitute can infect a whole town of young boys, causing untold misery; and the same applies to a syphilitic man who can infect some innocent girl or his own pure wife.

"We isolate a case of smallpox, in order to protect the community. Very rarely do you hear of a case of insanity caused by an attack of smallpox. Do we isolate our syphilitics? No, they are permitted to roam at large, seeking whom they may devour to bring untold misery to future generations.

"Again you ask me if certain abnormal practices in young boys and girls may bring about insanity. Yes, such habits may cause certain mental diseases, especially in the young defective. I have seen cases of insanity as a direct result of self-abuse; but it is more a byproduct of weakened will-power and lack of inhibition. It is every father's duty to take his son in hand at the age of puberty, and have a heart to heart talk with him concerning possible habits the boy may acquire. If this cannot be done, have the family physician give the boy some good advice.

"Nothing is so prone to contaminate under certain circumstances, even to exhaust the source of all noble and ideal sentiments, which arise of themselves from a normally developing sexual instinct, as a practice of masturbation in early years. It despoils the unfolding bud of perfume and

beauty, and leaves behind only the course, animal desire for sexual satisfaction. If an individual thus depraved reaches the age of maturity, there is wanting in him that aesthetic, ideal, pure and free, impulse which draws the opposite sexes together. The glow of sensual sensibility wanes and the inclination towards the opposite sex is weakened. This defect influences the morals, the character, fancy, feeling and instinct, of the youthful masturbator—male or female—in an unfavorable manner, even causing under certain circumstances the desire for the opposite sex to disappear, or perverting the nervous system and mental fiber to the point of insanity.

“You ask me whether disturbed emotions may bring about insanity. Yes, to a certain extent. I have seen numerous causes of insanity caused by what might be called emotional religion. The world has long been taught concerning the awful horrors awaiting them in the next world, and those susceptible individuals who are more or less subject to a disease known as hysteria are almost always affected by any emotional crisis, especially of a religious nature. We are all familiar with the old-time country camp-meeting and so called revivals, where the people were almost dragged to the mourner’s bench, in order that sudden conversion might take place, and to escape the awful torment of hell-fire. Religion should not be considered an emotion, but a belief, and this belief should stand for the uplift of the individual rather than impairing the individual’s emotional life. The worship of God, in my opinion, should not be taught by fear; but man should understand the great love that God bears to him individually, and the great desire that He has for man to work out his own salvation in order that he may become a servant of God and a part of the great scheme of redemption.”

CHAPTER XI

I HAVE been a frequent visitor at the Columbus State Hospital for a great many years, and have learned that it is one of the largest in the world.

It was founded in 1835 as the "Lunatic Asylum of Ohio." "Lunatic" means moonstruck from the word, *Luna* meaning moon. It is one of the old traditions of civilization that insane people were in some way the victims of the moon.

Dr. William H. Pritchard, Superintendent of this Hospital took great interest in this book and furnished some very valuable observations on insanity. This would naturally be expected of him because of his long acquaintance with the care and management of State Institutions.

After his graduation from medical college he became a member of the medical staff of the Columbus State Hospital in 1901, and later served for a number of years as Superintendent of the Ohio Hospital for Epileptics at Gallipolis, Ohio. When a vacancy occurred in the Superintendency at the Columbus State Hospital in 1916, and it became necessary to select a new Superintendent from the eligible list furnished by the State Civil Service Commission, Dr. Pritchard was chosen on competitive examination.

It would be interesting to discuss the history of this remarkable hospital because it has had an unusual career, and to point out its manifold equipment for caring for the insane, but it is not necessary to our main theme.

Needless to say that Dr. Pritchard warmly received me as a visitor, and ably discussed the subject.

"The gravity of the situation confronting the citizens of Ohio and of the nation", he said, "can not be too strongly emphasized. You have rightly named your symposium

upon these subjects. Here in Columbus, almost under the shadow of the dome of the State Capitol, and within the sound of the hum of great industries, are gathered together in two great institutions, placed side by side, more than four thousand derelicts. On the one hand are more than two thousand youngsters who through no fault of their own have come into the world hopelessly handicapped by mental defect; on the other hand are almost as many unfortunate, victims of the sins of themselves or their forebears, who have fallen by the wayside in the battle of life, and are now for the most part hopelessly stranded in mental darkness. In the one case the light of reason has never existed or has burned but dimly; in the other the light has failed.

"You may well ask 'Why do these conditions exist?' It is high time the question was being asked generally and most earnestly. The answer is simple. To quote some wag, fully eighty percent of these people were extremely 'unwise in the choice of their ancestors'. Bad heredity is the one great factor in the production of feeble-mindedness, and the most important factor in the production of insanity. Hereditary predisposition to mental disease or defect is the direct and inevitable result of unsuitable marriages or of prostitution.

"The union of persons with unstable nervous organizations; of persons one or both of whom are imbeciles or morons or have had some form of mental disease; the union of persons who are the offspring of parents or grandparents who have been deficient in these ways; the union of persons one or both of whom have been victims of syphilis or who are children of persons who have had syphilis; the union of persons one or both of whom were victims of chronic alcoholism or who were descendants of alcoholic parents; and the union of persons one or both of whom were effected during the child bearing period of life with any chronic wasting

disease, such as tuberculosis—these and many others are the more common forms of unsuitable marriages which result in defective offspring.

“What is the remedy? Should such marriages be prevented by law? They surely should be prevented, but in my opinion they can not be prevented by legal prohibition. The American Citizen is very jealous of his personal rights and no law requiring the so called ‘Eugenic Marriage’ will be effective because it will not now at least have the backing of public sentiment. The remedy lies in education, in the dissemination of the knowledge of good and evil. Let these vital questions be kept before the public. Teach the people that public vice must be suppressed; that prostitutes and habitual criminals are for the most part feeble-minded persons who must be segregated in such manner as will prevent marriage or illicit conception. Prevent the marriage of feeble-minded persons by compelling their retention in state institutions which shall be real homes for them, but where the maximum of useful training, employment and recreation shall be provided; call syphilis by its right name; teach the young men and woman how it is contracted, what the results are and impress upon them the vital importance of early and drastic treatment. Finally stamp out alcoholism by means of National prohibition. There is no other effective way.

“You have doubtless heard these or similar sentiments expressed many times during your investigations. They can not be repeated too often nor proclaimed too loudly.

“Syphilis and alcoholism have been mentioned as important factors in the production of hereditary tendencies toward insanity, feeble-mindedness and epilepsy in the offspring of those so affected. They are also the direct cause of very many mental diseases in the individual himself. About thirty per cent of persons admitted to the Columbus

State Hospital are the victims of syphilis. They have some form of mental diseases due to syphilis. In most cases there is no help for them and there they will remain, a blot upon our civilization until some means of prevention can be devised. Suppression of vice, the stamping out of commercialized prostitution and the abolition of the liquor traffic are means to this end.

"About ten per cent of these sent to the hospital are insane as a result of their own over-indulgence in alcohol. Moreover, in many cases syphilitic infection would not have occurred if the individual had not when drunk put himself in contact with the usual source of this infection—the common prostitute. In many cases also where there is an hereditary tendency toward mental disease, insanity would not have occurred had not the individual in his condition of weakened resistance taken upon himself the added burden of syphilitic infection or alcoholic intoxication. As stated previously, the only remedy, in my opinion, lies in absolute nation-wide abolition of the liquor traffic by national constitutional amendment. Without doubt this remedy will be applied within a few years.

"I am frequently asked if insanity is increasing. Probably it is, although the increase may be more apparent than real. Conditions in the state hospitals have greatly improved in the past quarter of a century. Patients and their friends do not now so greatly dread being sent to these institutions and therefore do not conceal their affliction as they once did. The public is becoming slowly enlightened regarding the danger and injustice of concealment. I sincerely trust that your efforts may materially aid in this enlightenment.

"We have a great deal to say about the improved conditions for the care of the insane, and we close our eyes and see visions of the future when man's humanity to man

shall have reached perfection and the state hospital service shall have become ideal. It is right that we should do this for we are a forward-looking people. But we must remember that we are only taking care of the end product of the forces of intoxication and disease. The stream must be purified at its source. Therefore the State must see to it that ample provision is made for the protection of society against the imbecile, the moron, the prostitute, the habitual criminal, the inebriate and the epileptic, and that the sources of pollution are destroyed. In this way only will the problems of insanity be really solved."

CHAPTER XII

THIRTY-SIX years in the service of the insane! More than half the three score and ten years allotted to man and more than a third of a century!

This is the record of Dr. Frank W. Harmon, the able Superintendent of the Longview Hospital of Cincinnati. Yet he is in the bloom of life, in the best of health, full of enthusiasm for his work and looks to be good for many more years of efficient service. He met me at Winton Place in his new seven passenger Buick of which he is modestly proud, drove me to the hospital and discussed with interest and with full knowledge the subject of insanity.

The Hospital is about eight miles north of Fountain Square and was founded in 1821 under the name of the Southwestern Lunatic Asylum. In those days it was not so necessary to hunt for a location as now for nature abounded everywhere and forests would lie around almost any spot chosen. But the "Asylum" was located on a hill overlooking the Mill Creek Valley and the forests that grew within.

Later when woodmen had felled the trees, cleared away the rubbish and converted the forest into green fields, and when the city of Hamilton made its appearance fifteen miles up the creek, those interested saw how well the builders had chosen this site and proposed a new name—The Longview Hospital for the Insane—because standing on the west veranda or in the front yard one can see up Mill Creek Valley for fifteen miles and down it for ten.

Unlike the other hospitals for the insane Longview belongs exclusively to Hamilton County and is managed by a board of trustees chosen in part each by the Probate Judge and County Commissioners, the Common Pleas Court and

by the Governor of the State. This plan was intended to prevent the introduction of politics into the management and it has worked admirably. Improvements are made and new buildings are erected at the expense of Hamilton County but the State furnishes the money for salaries and maintenance.

Concerning insanity, its cause and prevention, Dr. Harmon readily endorsed all that other superintendents have said, and it is not necessary to repeat; but he added a few observations that are important.

"Heredity," he said, "is the important element; the exciting cause a mere incident. It is only the match to the fire. If the tendency to insanity is in the system almost any unusual occurrence hardship or self imposed abuse may bring it out. As long as the body is well and lives within certain limitations the disease may be held in check. But sickness or even slight breaking over of simple living may be followed by disastrous results.

"A, who is from hardy stock and free from neurotic tendencies, and B, who appears to be strong but who has the germs of disease within, may go to drinking for instance. The former can drink when he wishes and as much as he likes and apparently go unhurt, while the latter cannot refrain when once having put his lips to the bowl and never stops short of an insane hospital.

"But look out for the children of A. They will, in all probability be neurotics with weaker tendencies than their father, and so will fall victims to some of the vices, and be easy marks for mental disturbances.

"It is beautiful to be strong, but more beautiful to be both strong and wise. The wise man is interested not only in himself but in his offspring and will protect it by a clean life. But the trouble is people do not know although they mean well—I am glad that they may be told.

“There is syphilis, a damnable disease and very productive of insanity. What is more pitiable than to see an innocent girl become the wife of a man doomed to be an insane syphilitic, and to become the mother of his children with notched teeth, inflamed and swollen glands and a blotched skin.

“We have inmates in this hospital of the second and third generation. People who so far recover as to justify the belief that it will be safe to give them their freedom, forthwith seek a companion and marry. The result is more insane. Or a wife may be an inmate. Her husband in the name of his children appeals to the court and secures her release before she has sufficiently recovered. She becomes impregnated, with a strong probability that the child will some day become an inmate of a hospital. Moreover the mother is soon sent back for care and treatment. Such people are prolific and should be carefully guarded by the law. A superintendent of an insane hospital ought to have final authority to say when patients may be released. He is the only one who knows, and he may always be counted on to be just to the patients and to the state. But so long as friends may appeal to courts, and judges of the courts are elected, and have the ordering of persons to and from hospitals, insanity will keep pace with our population. The personal liberty idea is very strong in this country. Every man claims the rights to marry whom he pleases if he can gain her consent, have as many children as he wishes and if he is not able to care for them and his wife, or even himself, the public must do so. If any one disputes his right in these matters it will be an issue in the next election. The election is ‘the nigger in the wood pile,’ and in a republic everything is referred to it.

“The next best thing to giving a superintendent the final word in the release of inmates is the forming of After

Care Societies. They are quite common in the eastern states, but Ohio and other central and western states have not established any organization of the kind. They will no doubt soon do so.

“These societies take charge of persons as soon as they are released from hospitals and aid them in every way, securing suitable employment for them if necessary, visiting them in their homes and seeing to it that their environment is conducive to health and happiness. For instance, a mother becomes an inmate of a hospital, leaving her little ones at home. She becomes homesick and longs to see them. ‘Be it ever so humble there’s no place like home’ is as applicable to her as to any one. To deny her a parole would only aggravate her malady. An After Care Society could be a great blessing to her and her family and every state should have them. My hat is off to the Jews. They care for their own and you never hear of a Jewish Society being hard up for money. What is necessary to be done for their people they do. The Gentiles can sit at their feet and learn lessons in philanthropy and ought to do so.

“The Gheel Colony plan for caring for the insane as practiced in Belgium is interesting and doubtless effective. Insane persons are sent to this colony and are cared for in families. Suitable work is given them to do, recreation is provided for with the necessary rest, sleep and proper food to build up the body and if possible restore the mind. Their patients are looked after when released. Belgium is a small country and may be better adapted to this system than a large country like ours but we can learn something from it.”

“While Dr. Harmon was discussing this subject a sheriff from Tennessee came in with requisition papers approved by Governor Willis for an inmate who was a forger of checks both in Tennessee and in Ohio.* His attorney had made the

plea of insanity and he was sent to Longview rather than to the penitentiary.

I asked Dr. Harmon if there is an element of insanity in all criminals. He said, "No. That question has been discussed pro and con for centuries and many good people think so. I do not. When you say a criminal is insane you absolve him from responsibility and he is no longer a criminal and he cannot be punished. You strike at the very foundation of law, order and government, when you say a criminal is first insane. Too many criminals hide behind that now. Many a man is sent to the hospital for treatment when the stone pile, workhouse or penitentiary would be a more fitting place.

As no other Superintendent has discussed insanity, its prevalence, care and treatment in other countries, I asked Dr. Harmon concerning it.

"Dr. William A. White, Superintendent of the Government Hospital for the Insane at Washington, D. C.," he said, "has recently written an able article on Hospitals and Asylums of Europe. He can speak with authority on this subject for he has personally visited and inspected hospitals for the insane in England, France, Germany, Italy, Austria, Russia and other European countries and the Gheel Colony in Belgium already mentioned.

"Generally speaking, Dr. White finds them built and operated much as in the United States.

"But concerning insanity and its care and treatment in the more backward nations like China and those of the other Asiatic countries, a more pitiful story may be told. There are no hospitals and each family is left to the care of its own. This requires chaining or other restraint which would not be tolerated in this or other progressive countries.

I asked Dr. Harmon what advice he had for young peo-

ple liable to marry and become fathers and mothers. He promptly replied. "They should use all care and scrutiny touching the ancestry of the one to be selected for a life partner and also the habits and inclinations of said life partner. But they are compelled to take a chance. To be too exacting and particular might work to a disadvantage and to a life of discontent with someone whom they love less.

"Efforts are being made to regulate marriage by law requiring the contracting parties to stand a physical examination for the purpose of determining the presence of a loathsome, lurking disease. The intentions of such reformers are good but good results under such a system would be difficult to realize. You have chosen a better course, namely: to educate the people on these important subjects to the end that people who are diseased either from inheritance or self imposition will refrain from marrying; those who know themselves to be qualified under the rules of sanitation and correct living will voluntarily offer testimony to convince a proposed life partner of that fact."

Note—Three Hospitals in Ohio for the Insane are omitted in this book, not because there was an absence of spirit, willingness, or capability to present a discussion, but because the subject matter has been so thoroughly discussed by others.

These Hospitals are as follows:

The Athens State Hospital, Athens, Ohio, Dr. O. O. Fordyce, Superintendent. The Dayton State Hospital, Dayton, Ohio, Dr. E. A. Baber, Superintendent. The Lima State Hospital for the Criminal Insane, Lima, Ohio, Dr. Charles H. Clark, Superintendent.

These Institutions are as well known for their good work, and for their able management as any of the Institutions in the state. Each Superintendent is thoroughly alive to his work, and interested in the purpose of this book.

It is with regret that we must close without a ringing article from each of these Superintendents.

Also the new Ohio Reformatory for Women at Marysville, Ohio, opened in 1916 is omitted with regrets for the same reason—the subject matter having been discussed from four different standpoints.

This Institution is ably presided over by Mrs. Louise M. Mittendorf as Superintendent.

CHAPTER XIII

TEN miles south of Delaware on the west bank of the quiet Scioto River is located the Girls' Industrial School. The buildings, twenty-nine in number, stand on the crest of a long terrace overlooking this river.

At the bottom of the terrace, and near the bank of the river, bubbles up a great sulphur spring which furnishes drinking water for the entire school. The genius who paid a tribute to the lonely tree along the roadside under whose spreading branches the weary and foot-sore traveler could rest and protect himself from the broiling sun or the dashing rain, could find a theme in this spring for another outburst for his eloquence.

This is not black sulphur water, but tinctured just enough with sulphur to make it most desirable for drinking purposes. It is clear pure water, and no doubt furnished many a delightful draught to the Indian hunter, and even to people of the prehistoric races.

This school was founded in 1869 for the purpose of giving care, instruction, and employment to incorrigible girls with the hope of accomplishing their reformation.

The school is located about six miles from the Hocking Valley Railway, the nearest station being Hyatts. Doubtless it was the hope of the Commission which located this school that the Railway Company would soon extend a branch, so as to make it easily accessible. But up to date this enterprising road has not found it profitable to fulfill the expectation of the founders of this school.

The attendance runs between 450 and 500 girls. The day I visited this school, the matron, Mrs. Margaret E. McNamara told me that the State Board of Administration had just released 466 girls who had been occupying useful

positions in families in various part of the state. She was justly proud of this record.

A part of the business of the school is to find good homes for such girls as the matron may recommend. She had been putting them out into families as fast as she could prepare them for it. Nearly all had made good to the extent that she could recommend their complete release, and the State Board of Administration concurred in her judgment. Still there are 453 left in the school.

I was invited to visit the schoolrooms, and, of course, accepted the invitation. I found them not unlike public schools generally, except the boys were absent. The school work is like that in the public schools, and is conducted mostly by teachers who began their work there.

In the first schoolroom I visited, I asked the question, "How many of you girls live in the cities when you are at home?" All the hands went up, but one. She came from the farm. In the next school room two came from the farm, and in the third, three.

From this showing one can readily conclude that it is the temptations of the city which play havoc with society, dragging down fathers and mothers, breaking up homes, scattering children and despoiling them of their character, making truants and delinquents of them.

The city authorities of Cleveland, Cincinnati, Dayton, Columbus, Toledo, and Youngstown would surely blush to see the number of girls in this school belonging to them.

But the parents who own a little farm, and have their children with them doing their daily duties in the making of the living, who breathe pure air, eat wholesome food, and sleep all through the night would surely rejoice to know what safety there is in this kind of a life and would be contented to remain there, and be happy in

their work, even though it sometimes seems a little monotonous.

When I asked Mrs. McNamara the cause of so much delinquency among girls, she at once replied, "A large majority of it is caused from broken homes." But what breaks up the homes? I asked. Again she replied, "Intemperance, or immorality on the part of one or both of the parents and the poverty of the home which these things produce. Occasionally a girl goes astray, even though she may have good parents, but not very often. In a very large majority of the cases, the fault is with the parents.

"When immorality and intemperance are not the influential factors, then it is lack of control. Sometimes the parents lack force, judgment and discretion. The children soon learn it, and readily set their own wills up against that of their parents, well knowing the parents will yield. The child thus slips away, goes on a course of its own, yields to all sorts of temptations, gets into the net of the law, and if a daughter, lands in the Girls' Industrial School."

You say that a girl occasionally goes astray even though she may have good parents. Tell me something more of this class of girls. "Sometimes a girl falls into the hands of a disreputable man, and becomes diseased. She at once seeks out a physician; and learns from him what a terrible condition she is in. She looks upon her life as without hope, and thinks all she can do is to remain in her sins, consequently she becomes a part of the lower stratum of society, and is finally brought to the attention of the court, and is sent here as a fallen girl.

"We always have quite a number of them, but they are housed in a cottage by themselves, and mingle with the other girls as little as possible. We never place these girls out in homes like we do the girls whose virtue has not been despoiled; but we prepare them as rapidly as we can to re-

turn to their own homes. If they have no homes, we aim to get work for them in as good a place as we can find. They often return to moral rectitude, and sometimes marry and live decent lives."

How does heredity manifest itself in producing inmates for this school? I asked. "Here, as elsewhere, you will doubtless find that our worst cases were born into their condition. They are neurotics with bad tempers, and tendencies to evil. We never know the whole story of this class of girls who find their way into this school because so much of it is covered up. But my belief is that such girls as can not be reformed and made trustworthy are unable to overcome the tendencies that were born in them through perhaps several generations.

"The girl who has only stepped aside from good breeding can be brought back quickly, but the one who is bred into evil has'nt anything to which to be brought back. The work in her case is a complete building process. In her quiet moments she is reasonable, and can be made to see the right quite easily, and to acknowledge it. In fact, she knows right from wrong when she is in a normal state, but when the spell comes over her, and it may be brought on by very insignificant matters, she flies to her natural tendency, and as long as the spell is on it is hard to dissuade her from her evil purposes."

You believe in breeding then, I said. "I surely do. Any one in charge of a lot of children who necessarily must become familiar with their records, dispositions, and tendencies, and the results of effort to reform them will quickly understand how the effects of sin can be transmitted, and how hard it is to combat.

"Likewise the effects of a noble, highminded, and pure life are transmitted.

"If parents would have their children, and their grand children be an honor and a pleasure to them, the building process must begin with the parents, grandparents, or even the great grandparents.

"If we could eliminate from our society the most striking causes of evil, this building process would be easier. It might take two or three generations to accomplish what we would all like to see in the social fabric, but the beginning could be made with the present generation. The longer we delay this beginning, the more people there will be to go astray, and who will become the parents of children with tendencies to go astray".

You think then that the people as a whole have a work to do, a clearing of the rubbish as it were from the land they expect to cultivate? "That is it. It is a work for the strong. The weak can not do it. Well known forms of vice, and the opportunity to practice it must be taken out of our cities and towns. If the people of Ohio do not wish to maintain a Girls' Industrial School it must remove the causes which make such a school necessary.

"These girls have good impulses, and many of them are high minded girls. They never expected to go so far wrong as to necessitate their confinement in such a school. But these vices already referred to not only ruin them when they overtake them, but they go out into the streets and hunt them up. Society appears to look on passively, and yet I see signs of an awakening; and it may be sooner or later the people will rise in their might and strike down every evil which has a tendency to destroy children, young men, and young women."

I asked Mrs. McNamara for any special cases to which she might wish to call my attention. She replied, "Almost every one is a special case, and has an equally interesting, but sad story.

“We have here a daughter of a very good family, but the father took to drinking, became outrageously dissipated, and worthless. The mother was unable to control the child. She did as she pleased, and went when and where she pleased. The authorities took control of her, and sent her into the school. She is a very bright girl, and appears to be honorable in every way. It is not her fault that she is here. Had her parents given her half a chance, she would have made good at home, and even made the home, but a dissipated father is very discouraging to a young girl growing into womanhood. She feels the shame and disgrace of her father’s conduct, and does not wish to be held responsible for it. If the mother is not able to make a very strong fight to offset the father’s worthlessness, the daughter breaks away and goes out to make her own living. She is young, credulous, and easily deceived, however good her intentions may be. It is only a short time from leaving home until she lands in the Girls’ Industrial School.

“Here is another girl apparently of good parents, and surely of a good home. She has many well-to-do relatives on both sides. The father died and left the family in good circumstances. They owned a large and well stocked farm, but the mother was lonely there. She conceived the idea of selling the farm, and moving into the city. The daughter would have more advantages, and could receive a High School education. The whirl of the city was too much for the girl and the mother had no control over her. The daughter although very bright, and naturally a good girl, failed. She was here for thirteen months. Her mother was much interested in her, and gave her everything she needed. The Judge who committed her recommended that she be released, and be tried in college for her mother was able to pay her college expenses. The girl is in college now, and her mother is with her. We believe the lessons

she has learned here are sufficient to carry her through. We hope so at least.

"We have several cases where the mothers are more or less feeble-minded, and unable to control their children. The daughters find their way readily into this school, and the sons into the Boy's Industrial School. You doubtless have seen a great many evidences of feeble-mindedness more or less inherited as you pass through the school rooms." I told her that I had made this observation and asked about what per cent of the pupils in this school could be classed as feeble-minded. She replied, "Dr. Thomas H. Haines of the Bureau of Juvenile Research has made a test of all the pupils, and has discovered that about 25% are feeble-minded, and would naturally belong in the Institution or feeble-minded, at Columbus. That institution has been so much overcrowded that the Ohio Board of Administration has not been able to make the transfer it would otherwise have made."

I asked, What do you recommend should be done to make the home life of families in cities more secure to the end that the children and parents may remain together, and the former grow up to be useful citizens? She replied, "Since intemperance and immorality are the chief causes for breaking up homes and producing delinquent children, whatever will lessen or remove these causes will at once change the results. It is for the general public to deal with the causes, and I suppose it is working toward that end all of the time, but the progress is very slow.

"Perhaps if the people themselves understood the dangers to their children of intemperance and immorality on their part, it might help them to avoid these dangerous things. I am sure if they could be conducted to our Institutions where they could see the living results of sin, disease, and shame on the part of the father and mother, and also

the children, they would go back home with a good resolution in their minds.”

I told her it was the object of this little book to carry this information to all the people who could read it, and to people who are yet to become wives, husbands and parents. She expressed the hope that much good might be accomplished because publicity is one of the means of educating the people, and checking the stream of intemperance, vice and immorality. “‘Men loved darkness rather than light because their deeds were evil,’ so I am willing to help let in the light because wickedness flees from it.”

I asked Mrs. McNamara if any girls found their way into the school simply for safe keeping, and without any charges against them. “Oh, yes! There are several. Circumstances often surround girls where there is no particular one to be responsible for them, and they are sent here to be cared for. They sometimes come from children’s homes, and sometimes come from counties where there are no children’s homes. You know children’s homes have both boys and girls. For that reason the management of these homes is expected to find places for the girls when they are fourteen. This is often impossible. Girls may remain here until they are twenty-one, and so in that sense we often become a higher school for children’s homes, and the girls are sent in until they can be properly located in good families.

“I wish you to see a sweet little child who was just sent here from one of our neighboring cities.” While the attendant was bringing the child, Mrs. McNamara told me that the child’s father had died, and the mother remarried. By and by the mother died, and the stepfather remarried. This left the little one without any real father or mother. The new family did not wish to be bothered with her, and so she was sent into the school for safe keeping.

In a few minutes the child came bounding into the room and ran over to Mrs. McNamara. She is ten years old, and very bright and sweet. It is hard for me to believe that any one did not want her. She had on a blue dress, a red coat, and a red and blue cap. Mrs. McNamara suggested that she remove her cap. She laughed and whispered to Mrs. McNamara, "My hair is in curlers for we are going to have an entertainment tonight." "Oh! then you may keep your cap on," said Mrs. McNamara.

She was all excited about the entertainment in which she was to take part. Mrs. McNamara told her that I could not remain for the entertainment, and asked her if she would sing "The Sweet Story of Old" for me. She sang it very sweetly and tenderly, and long before she was through, all of her hearers were in tears. It was as pathetic a situation as I have ever witnessed. The thought of a sweet and tender little girl being cast off by those who were duty bound to protect her in the absence of her dead parents whose places they had assumed was most shocking. But I imagine the spirit of her mother in Heaven was rejoicing that she had been turned over to Mrs. McNamara.

Softly she sang stanza two:

"I wish that His hands had been placed on my head,
His arms had been thrown around me,
And that I might have seen His kind look when He said,
Let the little ones come unto me,
Let the little ones come unto me".

As she sang it one could better understand what the Savior meant when he uttered these words for she represented one of the little ones spoken of, and at that moment loving hands were placed on her head, tender arms were thrown around her, and she was looking up into the face of a kind hearted woman who in every earthly sense was taking His place.

The little girl said, "I never saw my real father. I thought my stepfather was my real father until he married again. I always liked him for he was kind to me, but I do not know why I could not stay with him longer." She said, "I am glad I came here," and she threw her arms around Mrs. McNamara's neck. "You are not going to send me to any children's home." "No, indeed! Since your home is gone, I am glad that you came here for I never would have known you." The child said, "I was puny when I came here, but now I am getting fat. I like it here because all of the people are good to me, and I see so many interesting things. I am glad we are going to have an entertainment tonight. I know I shall like it."

The spirit in this school impressed me very favorably. Mr. and Mrs. McNamara seemed to take pleasure in showing me through it. Everywhere the children were glad to see them. They have been in charge of this school for four years. Mrs. McNamara is the executive officer under the title of Head Matron, and Mr. McNamara has charge of the outdoor work. He served as steward in that school for several years before the appointment of Mrs. McNamara to the executive position.

I left the school with a feeling that in as much as the conditions are such in this country that we must have delinquent girls, it is a great blessing to have such institutions for their reformation, and that the right people can always be found to do this responsible work.

CHAPTER XIV

THE last chapter of this book is left for the Ohio Hospital for Epileptics at Gallipolis. This is not by design, but turns out to be a very fitting close because in discussing epilepsy one necessarily sums up all other subjects discussed in this book.

I did not know this when I entered upon this work. I had seen so few epileptics, and of the more lightly afflicted kind that I thought it was a disease that might come to any person at any time. I knew there was great danger of injury in their falling when the attack comes on, but thought otherwise they could go about their business, and behave largely as other people. I therefore did not think that epilepsy and epileptics had any place in this book, and did not expect to give them any notice. But in conference with Dr. G. G. Kineon, Superintendent of the Ohio Hospital for Epileptics at Gallipolis, he informed me that epilepsy is inherited in a large degree, and that if I should investigate the subject, and visit the Hospital I would surely be convinced of that fact. Upon his kind invitation I made a hurried trip to Gallipolis to learn more about this disease and was much surprised at what I saw.

I soon learned that epilepsy is the most horrible yet pathetic of all diseases. It is mixed with alcoholism, insanity, feeble-mindedness, criminality, tuberculosis, deafness and blindness, and perhaps with many other diseases.

If the reader can recall what this book has already told of feeble-mindedness and insanity and add to these epilepsy with frequent fallings, many injured faces from falling, and all the horror that comes to one who sees for the first time many of these people lying unconscious on their backs, frothing at the mouth, and grinding their teeth, he will have some idea of what may be seen among the 1600 patients at the Ohio Hospital for Epileptics; and yet this number is only one-fifth of the epileptics found in the State of Ohio.

The hospital is greatly overcrowded, and at this session the Legislature is appropriating sufficient money to build eleven more cottages which will increase the capacity by some 500 or 600. The Superintendent told me that he could fill these cottages in one month, so anxious are communities and families to get the worst cases of epilepsy with its attendant imbecility and insanity out of their midst and properly cared for. One can not blame a community for wishing to be rid of this afflicted class of people for they are horribly shocking to the sight, have a depressing influence on the mind, and are a great burden on their families. It is only when they are congregated as they are in this hospital that one gets the full effect and force of the carelessness of all people in marriage and reproduction.

The Superintendent took me into many wards. He seemed anxious to give me all the inside information because he knew the purpose of my visit was to serve the public.

In some wards there were a few patients with long sleeves closed at the ends, so as to conceal the hands. This was to keep them from mutilating themselves, or doing violence to others. In addition to this protection one little girl had a padded wire mask over her face, much like the baseball catcher uses. The superintendent explained it was to keep

her from biting other patients' fingers or noses. She did not mean any harm by this biting because she had no mind to discern good from harm, but that she had a mania for biting, a sort of a nervous reaction that takes control whenever anything comes near her mouth.

In other wards, there were occasionally little children lying on the floor, lolling in chairs, or asleep on sofas, who possibly do not know of their own existence. The attendants feed them at meal times, and then spend the intervening time in cleaning them. This stage of imbecilic epilepsy is most horrible and repulsive.

I wondered how women could be induced to engage in caring for the worst class of patients, so offensive did the work appear to me, and yet there were clean nice looking attendants in charge, interested in the performance of their daily tasks, but tasks that could bear no fruit, so far as a recovery of the patient was concerned.

There is no hope for such children. Love's labor is lost. Death would be the greatest blessing that could come to them. While I have never been able to get the consent of my mind for the enactment of a law to put such people out of existence, I confess I was "almost persuaded" when I beheld these sights.

I do not hesitate to believe that that would be the proper thing to do; but for any one to take their lives for a price is the stumbling block in my mind. Parents themselves would be the best persons to render this service when directed by legal authority because there is a hope that they could do it in love, just as the parents have been known, in drama, at least, to sacrifice the life of a daughter dear to them, rather than to let her fall into the hands of a cruel and heartless destroyer of woman virtue.

From these, the worst stages of epilepsy, we proceeded to other wards and finally to what evidently is the Superintendent's pride—the little girls' cottage. He told me that he was holding that cottage as the best for my last visit. Evidently he wished me to leave with as good an impression as that class of people could make. This attitude of a superintendent is perfectly natural, and is to be commended.

Some wards were better than those we had seen, and some still better, but all were easily marked as belonging to a very defective class. Possibly the best ward we saw outside of the little girls already referred to was one of young women busily engaged in needle work. They were very happy to see the Superintendent, and smiled as though nothing was troubling them.

He told me that those girls are of great assistance in all entertainments given by the hospital, many of them being good musicians, either on instruments, or with the voice. Not many of their faces betrayed their malady, except now and then a bruise or a scar.

What is to become of these young women? I asked. "Dementia unless they are overtaken by death before they reach that stage. Epilepsy is a progressive disease, and has but one result, dementia."

I told him that was a horrible thing to contemplate, and wished to know if these girls understood. "Yes", he said "Some know full well, but they accept it philosophically. Death is coming to all of us. Things worse than death may come to many of us. Such things can not be helped, then why worry about them. The known is sometimes better than the unknown. Our worst distress sometimes comes from the fear of things that never happen. These girls know that step by step they are marching on to dementia, but yet they are brave, and as long as they may

they wish to be useful; each one hoping she may be fortunate enough to escape the worst effects of her epilepsy."

We passed on to the little girls' cottage. Their ages were from possibly ten to fifteen years. They were indeed nice looking children. I would not say that they are up to the standard in appearance of a normal class of children, but in comparison with the occupants of other wards they were very attractive.

One little girl who was mentally disturbed had closed her eyes at the noon meal after an attack (so the attendant informed us) saying that she was dying. She was holding her hands over her eyes, and refused to open them. When her hands were removed, she refused to speak. The poor child doubtless would have welcomed death were she able to realize her condition.

While the buildings were all clean and attractive, and the attendants were doing all they could for these unfortunate children, and everything about the place proclaimed interest, helpfulness, sympathy, yet to see a little girl suffering from this delusion was intensely depressing to me.

Is epilepsy inherited? I asked Dr. Kineon. "There is no doubt of it," he said. "This hospital has cared for more than 5600 patients. The Court records show that 25% of these have epilepsy or insanity in their immediate ancestors, but this record is too low. The court can never get the facts. It is not particularly interested in that kind of an investigation. Its business is to ascertain whether or not the epileptic is a case for state care, and therefore it does not make the large and careful investigation that is necessary to determine where the epilepsy came from.

"I have been investigating, and have gone back far into the families of patients. I have spent my own money, and that of the state in trying to find the truth about the

source of epilepsy. I have come to the conclusion that anywhere from 65% to 75% of it is hereditary either in itself, or from feeble-mindedness, insanity, or other neurotic conditions in the ancestry."

You would consider it dangerous then for any one to marry a normal descendent of an epileptic. I asked. "Yes. There is always danger of some of the children of such a union being afflicted with epilepsy, feeble-mindedness, or insanity.

"If it should not appear in the first generation, it is liable to appear in the second or third, but it is sure to bear fruit somewhere. If a person making this kind of a union should be very strong and have a healthy ancestry, the day of punishment may be postponed. All of the children of such a union may be normal, but the possibility of epilepsy will be in some of them. They may not be so fortunate in their marriage. If their union should be with an alcoholic, or with one in whom there is a possibility of epilepsy, feeble-mindedness, or insanity, one or more or perhaps all of the children may be afflicted in some way.

"Look at these charts. They were prepared with a great deal of care, and quite a great deal of personal expense. They tell the story more graphically than I can tell it in words. Epileptics especially when mixed with feeble-mindedness, have a strong appetite for intoxicants. They are not unlike the usual morphine user in that they will go through great danger and practice all kinds of deceit to get it.

"A few years ago when Gallipolis was a dry city, we had to lock up only three patients in a whole year. Since the town voted wet, and alcoholic drinks are easily obtained we are compelled to lock up three or more each week.

"I am almost convinced that the so-called 'periodical drinker' is a type of epileptic. The season of his de-

bauch is his falling sickness. It comes on unawares. He is seized with the desire, and has no way of restraining himself. He therefore falls a prey to his craving. If his family tree could be carefully examined through several generations, doubtless epilepsy would be shown. At any rate when epilepsy and feeble-mindedness are mixed with alocholism, the results are as undesirable as the human race can produce."

The chart on the opposite page shows the effect of marriages by representatives of two different families, in each of which there is epilepsy. Each circle represents a generation.

In the first circle there are two families. We shall call them A and B. The husband in Family A is an epileptic, and the wife is normal. Both the husband and wife in Family B are normal.

Family A had eight children, one of whom died in infancy, and the others are normal. Family B had one son who is an epileptic. He married a normal woman, and two normal children, a son and a daughter resulted as shown in circle three.

One of the sons of Family A is the father of ten children. The chart does not show anything of the mother of these children. Of these ten children, two died in infancy, two were epileptics, and one was tubercular. This is shown in the third generation, counting the original families the first generation.

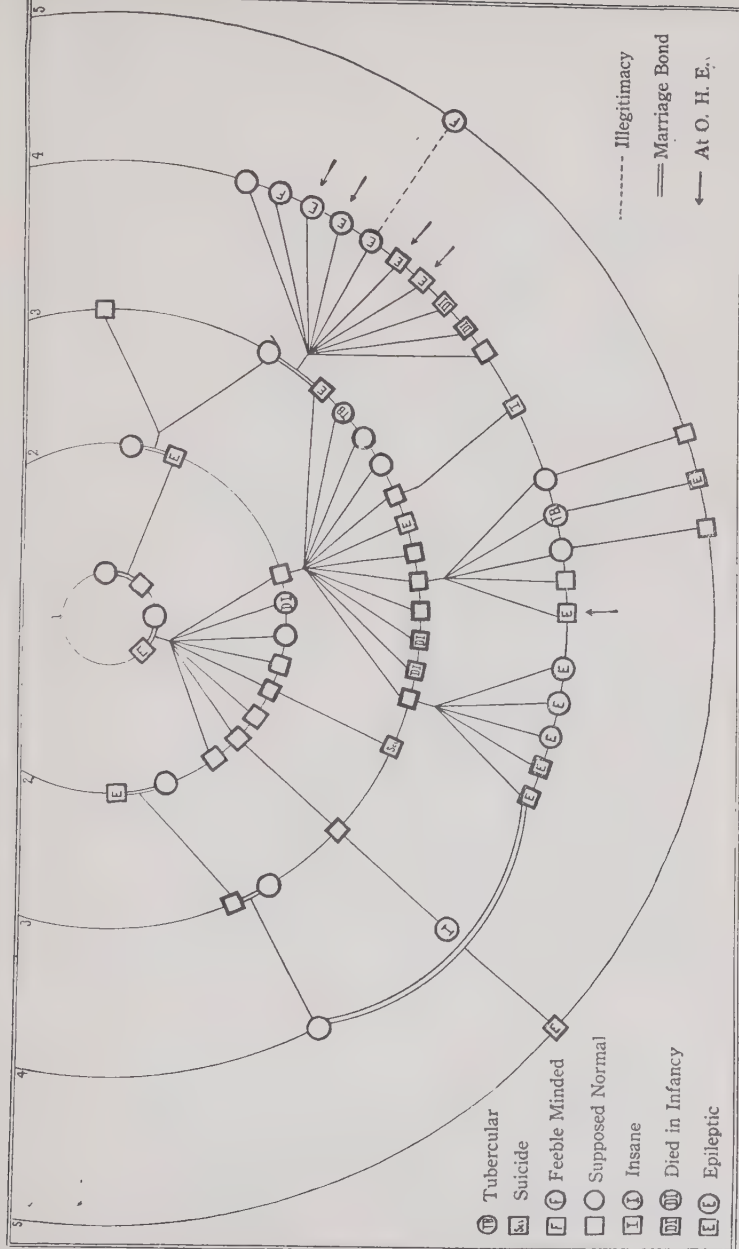
One of the epileptic sons in this family married the daughter of an epileptic father in Family B. To this union were born ten children, five of them were epileptics, and are inmates of the Ohio Hospital for Epileptics as shown by the arrows. One is feeble-minded, and two died in infancy. The middle daughter had an illegitimate child who was feeble-minded as shown in the fifth generation.

Another son of Family A belonging to the third generation had one son who was insane. The chart does not show his marriage.

Another son in Family A of third generation was the father of five children as shown in the fourth generation circle, one of whom was an epileptic, and another tubercular. The tubercular child became the mother of an epileptic as shown in circle five.

Another son of Family A was the father of five children, all epileptics as shown in the fourth circle. Their mother is not shown on the chart, and we know nothing of her.

Another descendant of Family A was the father of one insane daughter, and she the mother of one epileptic son as shown in circle five. The chart does not say to whom these children were married."



The chart on opposite page represents five generations, and the effect of alcoholic tendencies when mixed with epilepsy.

In the first circle the father is shown to be an alcoholic, and the mother normal. They have a son who is an alcoholic. His first wife was an epileptic and to them were born four children who appear to be normal. One of the sons is the father of three so called deaf and dumb children as represented in the circle four.

The second wife of this alcoholic husband represented in circle two was tubercular. They had one son.

In circle two there is another family of an epileptic father and a normal mother. We shall call these two families in circle two A and B. Family B had ten children, one is moral degenerate, and another is an alcoholic. One of the daughters of Family B married the son of Family A as shown in circle three.

To this union were born eleven children as shown in circle four, four of them epileptics, and three of them are inmates of the Ohio Hospital for Epileptics, as shown by the arrows, another is tubercular, and three died in infancy.

One of the daughters is the mother of two children as shown in circle five, one of them being an epileptic. The chart does not show the father of these children.

One of the daughters in Family B as shown in circle three is the mother of an epileptic daughter as shown in circle four. She is an inmate of the Ohio Hospital for Epileptics, as shown by the arrows, and the mother of one illegitimate child dying in infancy, and the mother of a son whose father is not shown.

One son in Family B shown in circle three married a feeble-minded woman to whom was born one feeble-minded daughter as shown in circle four.

This chart shows:

That 25% of epilepsy begins at the age from 1 to 5 yrs.

That 14% of epilepsy begins at the age from 5 to 10 yrs.

That 20% of epilepsy begins at the age from 10 to 15 yrs.

That 5% of epilepsy begins at the age from 25 to 30 yrs.

That 7% of epilepsy begins at the age from 30 to 40 yrs.

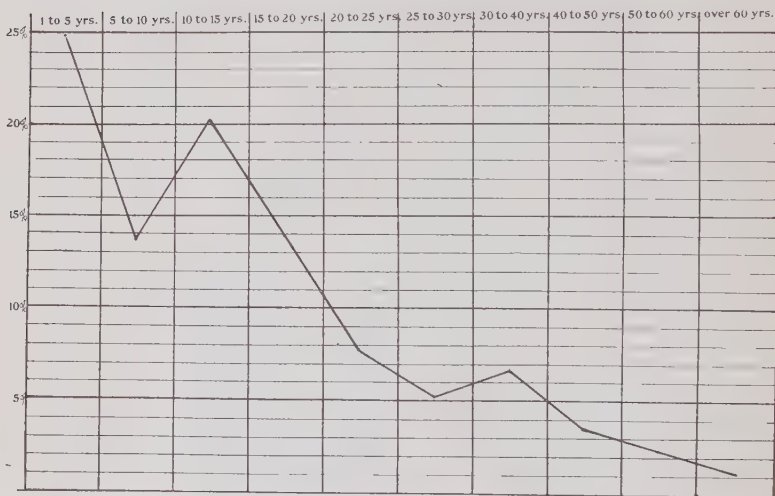


Chart showing age at onset of Epilepsy divided into five year periods, and based on a series of 5,607 cases.

I told Dr. Kineon that I supposed from what he said that epilepsy is not curable. "In its earlier and milder stages something can be done to arrest it. A patient may so far recover as to go for several years without an attack. It is liable to return, however, at any time. Much will depend upon the kind of a life the patient lives, and what precautions he takes to keep himself in the best physical condition.

"The woman with that fine looking gentleman we met on the walk a few minutes ago was a patient here a great

many years ago, and went home supposed to be cured. She did not have a return of an attack for seventeen years. This gentleman is her brother. 'He comes to see her quite often. She herself is a fine musician. She is improving again now, and may be able to pass through a long period again without an attack.

"During this period between attacks if they are long enough apart, the mind improves, and the patient returns to normal. In the more malignant cases, especially when mixed with insanity, or feeble-mindedness, we can hold out no encouragement to friends for recovery."

Do epileptics like to work? I asked him. "Most of them do not. The lack of mental activity effects their body, and the tendency is to be at ease. As already indicated many of them have evil tendencies. They will act on the impulse, and are often dangerous in their insane moments. At least, 1% of epileptics are criminals, 30% are feeble-minded, and nearly all of them have insane periods preceding or following their attacks."

Have you any advice to give to persons who are in the incipient stage of epilepsy that will ward it off? I asked. "They should keep themselves in the best physical condition always remembering that anything which disturbs their nervous system is liable to bring on an attack.

"Epilepsy is a functional disease of the nervous system. That is, it manifests itself when this system is doing its work. The system itself is not known to be organically diseased. Exposure, fatigue, mental distress, or any other condition which lowers the resisting powers of the body are liable to bring on an attack of epilepsy in a person with a tendency to it.

"You have heard of persons being scared into a fit, or having had a sunstroke which produced it. These could

not produce epilepsy, except when the conditions for it already exist in the patient."

I asked Dr. Kineon how long he had been in this work. "Eleven years", he said. "Six as Superintendent here, and five as assistant physician." Before entering upon this work he was an intern for one year in the German Deaconess Hospital at Cincinnati.

He has therefore had an excellent opportunity to observe and learn everything that is known about epilepsy. He freely admits that there is still much speculation about its cause. Its manifestations are known by most people in a greater or less degree because almost every community has some one afflicted with it.

While one is much depressed to learn that there are so many persons afflicted with epilepsy, and that they are so greatly handicapped, yet there are many bright sides to the hospital life of these patients. First of all they are carefully and well clothed, housed and fed, and under competent heads of various departments are taught housework, cooking, sewing, dressmaking, fancy needlework, etc. The men receive instructions in farming, gardening, carpentry, mattress making and such other work as will make them helpful to their families in case they recover sufficiently to go home. Occupation without the anxiety of responsibility is one of the valuable therapeutic assets in the care and treatment of epileptics.

That their religious life be not neglected, ministers of five denominations hold services at the Hospital on successive Sundays. The patients themselves conduct their own Sunday School.

I know of no institution where money for entertainment is spent to greater advantage to the patients. Each Monday there is a Moving Picture Show, with orchestra and vaudeville furnished by patients and employes. Wednesday after-

noons there is a Band Concert (indoor in winter and on the lawn in summer) given by the Hospital Band composed of 25 members—patients and employes. Wednesday evening this band plays for the dance where patients of both sex mingle and enjoy a social evening. Saturdays, in season, the patients enjoy baseball and football games on the athletic field. Besides these regular amusements, there are occasional boat rides on the beautiful Ohio River, auto-truck rides through the surrounding country, occasional card parties, nutting parties, musical evenings, playlets in which the patients take leading roles, all of which they enjoy to the fullest extent and which have a beneficial effect, since it interests their minds on subjects foreign to their ailments.

Stimulated interest in surroundings with peaceful minds contributes to the success of communal life which is the best environment known at the present time for epileptics.

As I read this discussion I feel my limitations properly and fully to present it to the public. There are so many special phases of it, and it is so horrible in its worst forms as to make a description of it, inadvisable, even if one could discribe it.

In closing this book which was written for no other purpose than to instruct the young who are to become future fathers and mothers I desire to say that the men whose interviews appear in it are the most competent men in our whole country to speak upon their respective subjects. They have all had sufficient experience in dealing with these classes in large numbers to know whereof they speak. They have no desire but to tell the simple story that the people may know it

The hope of the Ohio Board of Administration, under whose direction this book is written, is that when the people know they will be more careful in their selection of com-

panions if they are sound, and if they are unsound that they will refrain from imposing themselves as life partners upon others, and from transmitting their disease to innocent and helpless children.

If all of this can be accomplished much of the sorrow and misery of the world will in time disappear. It is a matter of individual examination, and responsibility. With this responsibility, and your God, we leave you.



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